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The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists.

problems, because the way to solve problems is to meet and talk it over.'

The following is my interview with Bert Robinson, and my feelings on this whole matter.

President	
Leo Comeau	939-0392
Vice-President	
Dennis Parsons	383-5546
Treasurer	
Bob Douglas	435-3893
Secretary	
Diana Lifton	536-7826
Office Manager	
Elizabeth Bush	733-2533
Newsbrief Editor	
John Philip	734-1398

Last month after Bert paid the money which he owed to the society, I thought it would be a good gesture as president to meet with him to try to find a reasonable solution to the lingering problems regarding Bert that have plagued us since the Australia-New Zealand tours.

I know these problems are of such a personal nature that those who weren't on the two Odysseys will find the entire subject hard to understand, and probably very boring. The problems resulting from the personality clash that existed during the tours and also ever since, can now be resolved if we all make an effort to try to understand one another. We can do nothing about the past, but we can work towards a more harmonious future.

THE PRESIDENT'S CORNER

Greetings to all.  
Now that we have gone through the agony of selling the home where we lived for the last forty years, we are gradually getting settled into our apartment.

It is rather late, but I do wish everyone a prosperous and happy cycling year.

After the A.G.M. and the New Year, it seems that the Bert Robinson stew pot, if I may call it that, is still boiling over. Needless to say everyone seems to want me to throw the pot at the opposition. It gets so frustrating that at times I feel like throwing it at everybody, then I would be sure of hitting the right one. However that does not solve any problems.

While cycling with a friend, he jokingly suggested that we cycle to Victoria, and visit Bert. 'What do you think,' he said. 'Why not,' I replied, 'that would be a good idea, and we could discuss our

Bert and I talked at length about those things that happened in the past, and it seems to me that most of the things that happened were caused by inactivity on the part of some, and failure to confide with one another on the organization and administration of the Odysseys on the part of others. This led to a deep-rooted disagreement amongst some, and considerable disappointment amongst others. Surely we are all at an age where we can recognize our faults, and strive to work in harmony to build a club that will attract seniors to the wonderful world of cycling.

Bert and I both agreed that the animosities of the past have to cease, and that it was time to turn over a new leaf. I took that as a firm commitment by him and also by me as a representative of our society. I believe we both recognized the

fact that the society is bigger than personalities. In continuing he informed me that he was giving up any interest in the society, and no longer wished to be reinstated as a member, since he is pursuing his talent in art.

In meeting with Bert to discuss these matters, it was not my intention either to idolize him or to discredit him for things that happened in the past, and I am sure he understood this. But I do feel we owe him a debt of gratitude as founder and chief organizer of the society. I am sure that most of us recognize this.

But his absence of four years from the society, and the numerous letters he has written to vent his anger at others, seems to me to deprive him of any honorary action or position that the society could give, whether it be a lifetime membership or a complete exorcism of the past. Needless to say we all have a moral obligation to forgive. That is what the directors did four years ago. Unfortunately some members felt that wasn't enough, and it hasn't solved the problems, but has amplified all the nitty-gritty things that should have been forgotten. I say there is a lot of soul searching to be done on both sides, so let's try and do better in the future.

I apologize for being so blunt, but that is the way I see things.

As one of the participants in the Australia-N.Z. tours I am dismayed at the amount of recognition given to one person, and none to another who was equally responsible for the success of the tours.

Mara Majors, now known as Kasandra Houghton, researched and helped plan both tours, and with the help of the Country Women's Associations she organized and planned both itineraries. Without her knowledge of the two countries God knows where we would have ended up. We owe her the same gratitude, if we make a fair examination of our conscience.

If these two people now wish to live anonymously please let them do so. Maybe someday they will wish to rejoin us and enjoy the cycling and camaraderie that we now enjoy.

In terminating I ask every member to join me and put aside the animosities that have existed, and work in harmony toward new horizons for senior cyclists.

God bless. Leo.

## 1987/88 FINANCIAL STATEMENTS

The audit of the 1987/88 accounts has been completed. Results were as outlined at the annual meeting, and are summarized as follows with cents omitted.

### Balance Sheet at October 31, 1988

#### Assets

Bank balance and term deposit	\$16,491
Accrued interest	420
Equipment at original cost	16,376
Misc. deposits and prepayments	66
Total assets	<u>\$33,353</u>

#### Liabilities

Accounts payable or due members	\$ 202
Prepaid membership dues	640
Trip participants' balances	215
Damage deposit	25
Equity	<u>32,271</u>
Total liabilities and equity	<u>\$33,353</u>

### 1987/88 Operations

#### Revenue

Dues	\$3,120
Donations	1,347
Bank interest	990
Parts sold at cost	611
Miscellaneous	19
Total revenue	<u>\$6,087</u>

#### Expenditure

Rents	\$2,058
Loss on disposal of equipment	1,515
Printing and copying	1,079
Donations	700
Office supplies and stationery	259
Loss 1987 reunion	212
Postage	210
Bicycle parts purchased	191
Travel	177
Audit	150
Phone calls	118
Miscellaneous	283
Total expenditure	<u>\$6,952</u>

Deficiency	<u>\$ 865</u>
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- Submitted by Bob Douglas, Treasurer

## SOUTH AFRICA TOUR

The following members are going on the South Africa tour: Ken Brothers, Georgette Courchesne, Brian Curtis, Miep Dennison, Martine Donahue, Shirley Fisher, Russell Green, Bernice Gregory, Bob Helms, William Hook, Shirley Izzard, Emil Jensen, Dorothy Kennedy, Mel & Bette Kerr, Harry Lang, Richard Lebek, Monty Maundrell, Dennis Parsons, Bill Powell, John & Dornacilla Peck, David Sawyer, Molly Shepherd, Tage & Grethe Winckler.

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## OUT-OF-CANADA MEDICAL INSURANCE

(Reprinted from Westworld Magazine with the Editor's permission).

The risks of travelling without adequate out-of-Canada medical insurance are well known to most travellers. Some through unfortunate personal experience, others through reading about the unfortunate experiences of others, and many through information provided by responsible travel and insurance counsellors, have learned that to travel outside the province without adequate medical coverage is to take a dangerous gamble, one with risks worse than Las Vegas on a bad night.

For those who want to play their cards right, however, there are a variety of out-of-Canada medical insurance products available. Travellers today should carefully study the differences between the policies and purchase insurance coverage best suited to their needs at an acceptable price.

This straightforward advice may seem too simple. However, in the excess medical insurance market, as in any other, there is competition and everyone tells you that their product is best. But the best coverage for one traveller may not be the best for another.

Travellers over 65 should make sure full coverage is provided for the entire trip. Some policies have major restrictions, especially in the first month, and according to insurance claim statistics, most hospitalizations involving seniors occur in the first month of the holiday.

Another consideration for seniors is the length of the coverage. Many policies are not extendible so it is better to

purchase extra coverage before you leave home in case you decide to stay longer than originally planned. Many policies have an option so that if you return from your vacation early, you will be refunded the amount of the unused portion of your coverage.

Travellers with a pre-existing health problem should choose their coverage very carefully. It may be difficult to purchase a policy that will cover the pre-existing condition, but depending on the problem, there may be a policy available that offers complete coverage.

"A typical five-day stay in an Arizona or California hospital will result in a medical bill of approximately \$18,000, of which the B.C. government medical plan pays no more than 15 to 20 per cent," stated Ian Thompson, Vice President of BCAA's insurance division. "An example of the importance of extended medical coverage is an insurance claim we processed for a member who suffered a heart attack while on vacation and required hospitalization for close to 30 days. The total medical bill was more than \$150,000 with a shortfall of approximately \$137,000 that was fortunately covered by an out-of-Canada medical insurance policy. I can't imagine how they would have managed financially if they hadn't purchased the extra coverage."

Once you know what to look for you'll want to know where to buy. Travel agencies are a likely option, but legally they are only able to sell out-of-Canada medical insurance in conjunction with the booking of an out-of-country trip. This means if you are not booking a trip with that travel agency, or have made your own travel arrangements, the only place you can purchase coverage is through a licensed insurance agency.

BCAA has you covered on both counts with a full service travel agency and a full service insurance agency offering a wide range of travel insurance products. BCAA travel agents are fully informed on the importance of excess medical insurance and are able to provide the most suitable insurance for your needs. If you have planned your own trip, you can stop by any BCAA service centre and purchase the appropriate insurance.

With the right coverage you can leave home confidently knowing that whatever

happens, holiday souvenirs won't include a stack of unpaid medical bills.

- Submitted by Monty Maundrell.

(Editor's Note: Some of us found out last year that its a good idea to shop around for extra medical insurance coverage as this article advises.)

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#### BIKE REPAIR WORKSHOPS

The Vancouver Bike Workshop will start at 10:00 a.m. on Saturday, March 18th. It will be held at the house of Bob Douglas, 8325 Joffre Ave. Burnaby.

This is a good opportunity to get together with Bob and others and learn how to fix your bike.

The 1st Victoria Bike Workshop will be held on Sunday, February 19th by invitation. The date and place for the 2nd Victoria Workshop will be announced in the next Newsbrief.

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#### SEMI-ANNUAL GENERAL MEETING

This meeting will start at 10:00 a.m. on Tuesday, March 28th at Kinsmen House, 5050 - 47th Avenue, Ladner. The meeting has been called to inform members about our activities for this year including details of upcoming tours and trips. The agenda will be distributed at the door.

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#### ACCOMMODATION FOR OUT-OF-TOWNERS

A committee has been set up to try to provide accommodation for out-of-town members who come to Vancouver to attend society functions. Leo Comeau (939-0392) will act for Vancouver on this committee, and Dennis Parsons (383-2028) will act for Victoria.

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#### THE FIRST ANNUAL CYCLE OREGON TOUR

by Bernice Gregory

This was a six day, 350 mile ride from Salem to Brookings with overnight stops at Corvallis, Eugene, Florence, Coos Bay and Gold Beach. We biked through lush green farmlands, dense forests and long lovely stretches of Pacific coastline.

The tour was designed to accommodate 1,500 cyclists and 1,006 left the State Capitol, in Salem on Sunday, September 11 at 11:00 a.m. There were great bicycle paths most of the way to the first stop at Independence for a lunch break by the Willamette River. Then it was on to Corvallis for the first overnight stop. Entertainment was provided by the Neil Gladstone Musical Group which was most enjoyable. There was plenty of time to get to know some of the riders and some of the locals. It was a great experience and I thoroughly enjoyed all six days.

Some interesting tour statistics were:

The cost of the trip was \$65. each, or \$100. each for the several tandems.

The 20 support vehicles, which after the first day were on the road from 6:00 a.m. to 6:00 p.m., included 2 ambulances, and 2 large Fred Meyer trucks; one for campers and one for motellers.

Bright fluorescent signs marked routes in and out of places on the itinerary.

The average age of the riders was 39, the youngest was 9, and the oldest 89.

A mother was pulling a one year old in a trailer, and the father was pulling a three year old in a trailer.

A young man with one arm and one leg was one of the 900 participants who finished the trip.

The most serious injuries were three broken collar bones.

20 riders were issued \$11. tickets by the State Police for improperly passing other cyclists.

Some riders repaired their own flats, but about 1,000 flat tires were changed by 2 bicycle repair vans.

The wearing of helmets was mandatory.

"Healthworks" joined the tour and each day they were busy giving massage therapy to those with sore muscles, shoulders and backs for a fee of \$5. for 15 minutes.

Food was available in some campgrounds, and restaurants were close by. Costs were moderate.

Porta-potties were located at each meal stop, and at the campsites when required.

Registration wristbands were issued for each bicycle, bag and person.

A secure area was available in Salem for car storage at \$20. for the week.

Shuttle service from Portland to Salem was available on September 10th for \$12. and from Brookings to Florence, Eugene,

Salem and Portland for \$35. Boxes for bicycles were available for \$5.

The tour passed through 21 towns, 14 of which prepared events for the group.

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#### CORRESPONDENCE

From: Dennis & Freda Scolah,

Greetings and a belated Happy New Year to Everyone,

We have had a great time in Australia. The weather was not quite what we had expected, and as we travelled around the South coast we experienced cool windy wet weather with sunny days thrown in. At one stage we thought of hiring ourselves out to the drought stricken areas to bring them rain. In Victoria just east of Melbourne at Lakes Entrance we had five days straight with rain. It was like the road to Gundagai! Mara's sources were quite correct when they said it was not possible to take a group round the coastal road. The road was dreadful in places. It was narrow and of poor quality, and the jagged shoulders had a 4 inch drop off into soft shale or sand. The traffic was heavy, and although a lot of drivers were very patient, many were not. When we ran into strong headwinds and rain, it became an ordeal and not a holiday. We therefore bought a car and joined everyone else in the mad dash. How we have enjoyed that car. It took us down the highway and in to all the little out of the way places we wouldn't have been able to go to on the bikes only. Once there we got the bikes out and toured the area. We've covered about 1500 miles on the bikes, so we haven't abandoned them completely.

Its a rugged, beautiful country, and the Spring was late, so we have seen a lot of the Spring flowers. The Jacaranda trees in Grafton were truly lovely. It was like walking down a purple tunnel. We were there at the end of the festival, and the flowers were just starting to fall so there was also a purple carpet.

The road across the treeless plains of the Nullarbor is paved almost all the way now, but it would still be a challenge to a lone cyclist. It was cool when we drove over, and it had rained the previous day, so there was no dust. It would be tough to bike this road in the heat, since there is no shade and the flies can be quite a challenge, they get in your nose,

eyes, mouth and ears. How they love a slow rider with a sweaty body.

Perth is a pretty city, much like Vancouver without the mountains. Situated on the wide Swan River, it has many beautiful shady parks. Enormous old fig trees and palms offer a cool place on a hot day. There are cycle paths all over, and maps are available at the cycle shops. We are staying in the suburbs 10 kms. out of the City, and we don't have to use the busy highways at all. In fact we cycled from Perth to Fremantle on an 87 kms. round trip following the water most of the way. It was a very enjoyable trip.

We sold the car last week. We got back what we paid for it, so it was a cheap rental. Its a long weekend, and the temperature is around 30 degrees C. Great weather for doing very little.

Good cycling. Regards, Freda & Dennis.

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#### WELCOME TO OUR NEW MEMBERS

Brian Curtis  
3675 Raymond Street  
Victoria, B.C. V8Z 4J9

Frank Jacobsen  
#104 - 1527 Coldharbour Road  
Victoria, B.C. V8R 1H4                      592-0831

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#### NEWS ITEM

We are happy to hear that Ian Cassie is now at home recovering from his recent operation. We send Ian our best wishes for a speedy recovery, and we hope that he will soon be back cycling again.

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#### 1989 TOURS AND TRIPS

The society's 1989 tours and trips are listed on page 6.

The directors decided at their meeting on February 9th that registration for all the major tours should be closed at least three weeks before the tour takes place, and that an appropriate deposit be in the hands of the treasurer at the same time.

There was also discussion about setting a limit of 30 on the number going on any trip, so you should apply right away if you want to go on a particular trip.

Details of the trips including costs, deadline dates and amounts of deposits will be published in future Newsbriefs.

THE CROSS CANADA CYCLE TOUR SOCIETY

1989 TOURS & TRIPS

Feb. 1989

<u>DATES</u>	<u>TOUR</u>	<u>CONTACTS</u>	<u>REMARKS</u>
March 29 - May 10	South Africa	John Peck 536-0197 Dennis Parsons 383-2028	26 members going. The trip is full with waiting list.
May 10	Bowen Island	Leo Comeau 939-0392	
May 15 - May 18	Vancouver to Whistler Area and Return	Ernie Addicott 922-0335	Limited to 10 participants
May 29	Coquitlam - Haney - Whonnock	Leo Comeau 939-0392 Doc Watson 477-0476	
June 1 - June 15	Dempster Highway Dawson City to Inuvik	John Peck 536-0197 Chuck Dick 261-5092	Mountain bikes only.
June 21 - July 3	North Okanagan - Kootenay Loop	Ron France 545-5544 Dennis Parsons 383-2028	
July 6 - July 10	Chilliwack Valley	Leo Comeau 939-0392 Dennis Parsons 383-2028	Stave Lake - Harrison Lake - Chilliwack Lake
July 24 - August 4	San Juan Islands	Bob Douglas 435-3893	
August 15 - 17	Hurricane Ridge	Dennis Parsons 383-2028	
August 23 - Sept. 24	Oregon-California Coast.	John Philip 734-1398	Vancouver to Santa Barbara.
October 17 - 19	Gabriola Island	Dennis Parsons 383-2028 Ella Laramee 274-9535	

VANCOUVER WEEKLY TRIPS

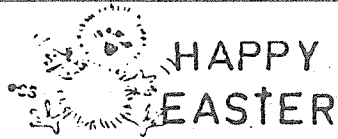
Sundays: Meet at 10:00 a.m. at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). For information contact: Marten McCready 736-3893 or Albert Manser 464-4981.

Thursdays: Meet at 11:00 a.m. at Ladner Community Centre. For information contact: Bob Douglas 435-3893 or Frank McCall 734-8587.

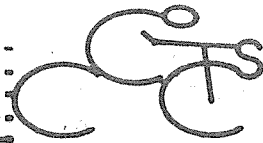
VICTORIA WEEKLY TRIPS

Sundays: Meet at 10:00 a.m. at Burnside and Tillicum. For information contact: Dennis Parsons 383-2028.

Wednesdays: Meet at 10:00 a.m. at Quadra and Pat Bay Highway. For information contact: Dennis Parsons 383-2028.



HAPPY  
EASTER



# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 6 NO. 3

MARCH 1989

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a.m. until 1:30 p.m. Coffee and light lunch will be served. For that I will need the help of a few ladies to prepare and serve. All volunteers will be accepted. Please call me at 939-0392 before March 15th and we will get something organized.

Everyone should make a point of attending in order to start off on the right wheel. Remember, this is your club, what you put into it is what you will get out of it. See you on the 28th.

In closing, please 'phone me if you need a place to stay for the meeting; likewise if you have room to accept someone.

May the roads rise with you  
And the winds be always at your back.

From a Gaelic Blessing.  
God Bless

Leo

P.S. Watch your tour calendar.

## THE PRESIDENT'S CORNER

While I'm writing this article, I look outside and see the ground is white with snow and somewhat cold for the first day of March, exceptional but not unusual. We will have to wait a few more weeks before we can start getting in shape for the summer activities, tours and joy riding etc. Speaking of tours, on the 29th of March we will be saying good-bye and best wishes to John and Dennis' group leaving for South Africa. The tour has been well organized and I'm sure everyone going will enjoy seeing the southern part of the African Continent.

As for summer activities, before starting be sure to give yourself a refresher course on the rules of the road and the penalties involved for the different infractions.

Be reminded also that on March 28th will be our Semi Annual Meeting at the Kinsmen Hall in Ladner beginning at 10:00

## DEMPSTER HIGHWAY TOUR - JUNE 1989

There are currently 17 participants: Elizabeth Bush, Chuck & Lynn Dick, Bruce Hudson, Ann Marie Labourette, Frank McCall, Victor de Paul, John Peck, Roland Reader, Irving Weiss, Dennis Wilson, Ted & Pat Stubbs. We fly to Whitehorse, and then to Dawson. The ride on the Dempster will take ten days. At Inuvik there will be an optional flight to Tuktoyaktuk. The return flight is from Inuvik, through Edmonton. For details contact Chuck Dick 261-5092. The estimated cost is \$1000, including airfares.

## CUBA

We arrived in Cuba on Sunday January 1 and met up with the European Group (160 people) the following Saturday, mainly

Italians with a sprinkling of Swiss, Germans and Finns. Talk about a speed happy bunch! Doc Watson, Leo and others would have loved it. We were packed closely, going at least 25 kph, led by two police cars, 10 to 12 motorcycle cops spread throughout, then a hundred or so cyclists, two VW vans carrying bike mechanics for repairs en route, at least one ambulance (sometimes 3), two small buses (20 - 25 passengers, one of them ours), finally three large buses with European wives and sightseers. There were about six young women bikers, and ages varied from seniors to mostly younger, a few in their 20's but most in their 30's and 40's. When we came to a hill there was no slow down. They just poured on the coal and kept their speed. When some of us did slow up, they pushed us up the hill. Ruth even had a motorcycle cop pushing her on the last day.

These people were very friendly. We all got along fine. The only barrier was language.

There were peace meetings - one a day and sometimes two. We would all gather at a public square; local officials would make short speeches; a cyclist might say a few words; a wreath be laid; then we'd be off. We had not anticipated these meetings. They were a bit strange at first, but the people were so friendly and the kids so beautiful that we accepted the whole thing.

When going through towns, the police chief would have gone on ahead, and alerted the populace of our coming. People lined the streets, kids were let out of school and we got a royal welcome. Cycling will never be the same again.

Oh yes, those bikers were in very good shape, with very very good bikes. They had packed these bikes with TLC and looked after them the same way. A bike was offered to us at the bargain price of \$2000.00 American.

Accommodation was in hotels except for Varadero Beach. I think Roy had it right when he said, "They are 90% OK. If they could improve them 5%, all would be well." Some small things were amiss: a toilet seat missing, no hot water, no cold water, crummy carpet; usually just one thing but always soap, toilet paper, towels, cleanliness.

For meals there was lots of food - too much really; fresh fruit; lettuce and tomatoes; nice rolls and buns; wonderful ice cream; fish, chicken and pork.

John Cameron

### EXPLORING THE FRASER VALLEY

Reprinted from the Elder Statesman

Most travellers going to and from Vancouver see the Fraser Valley only very briefly as they speed by on the fast highways. But there is a more leisurely way to see the Valley by cycling along the quiet side roads.

Every Wednesday morning, a group of South Surrey Seniors gather at a pre-arranged place and go cycling for the day. Everyone brings a bag lunch, all wear cycle safety helmets, and everyone has a good reliable ten or fifteen speed bicycle.

One of our favourite rides begins at Langley City. We travel east on 56th Avenue, and slowly angle down to Clearbrook. We go past hobby farms where friendly dogs greet us and horses watch us suspiciously. In the spring and summer, we enjoy the brilliant flowers and carefully tended vegetable gardens. We like gliding down into a shady valley, where trees overhang a creek, and we stop to cool off. We go through the city of Clearbrook to Mill Lake Park where we have our lunch at picnic tables. We are watched by ducks that hope we will drop a few morsels their way. After lunch we go down to 8th Avenue and make a circle trip back to Langley City.

We also like to go to Fort Langley. Sometimes we take the ferry across the Fraser River and ride to Golden Ears Park, or else we like to travel along the Fraser River through Derby Reach Regional Park, past historic Fort Langley along River Road which is a nice flat road going east for miles. We sometimes stop and talk to fishermen who are sitting on lawn chairs along the river bank, ever hopeful of a catch.

Sometimes we meet at Ladner Community Centre and cycle to the Reifel Wildlife refuge where we marvel at the sight of thousands of migrating Canada geese and ducks. We carry on to Tsawwassen Golf Club where we get a bowl of excellent



home-made soup before carrying on to Point Roberts.

The Crescent Beach/White Rock tour along the beach is a very nice one after the tourists have left and the children are back at school. Every beginning cyclist loves to take the ferry across the Fraser river to Barnston Island. With the flowing river on one side and dairy farms on the other, it is a quiet pastoral ride and just right for novice cyclists. The miles and miles of flat roads through lush farmlands around Chilliwack are a cyclist's joy. Lunchtime usually finds us a Cultus Lake.

I have only touched on the many lovely areas of the Fraser Valley. There is no better way to see it all than on a bicycle, with a group of friends, skimming along in the fresh air on quiet roads.

Eva Folk

#### SAFETY TIP

This time I'll mention a couple of personal experiences in the hope that you'll avoid the black ice blues.

A few years ago my first spill on ice was rather humorous in that a young lad, about seven, helped me pick up pennies etc., scattered around the intersection, then gave me a fatherly lecture to the effect that I shouldn't be out riding in such weather. I now realise how lucky I was, as the main problem was a cracked Tourlite helmet.

This January I did it again, hitting fast and hard. The helmet again saved my noggin but not my shoulder. I was groggy for the best part of an hour, off the bike for ten days and not completely mended after a month.

I'm now convinced that if there was frost the previous night, there can still be patches of ice. Under those conditions, please be very carefully turning corners and if possible stay on dry pavement.

Bob Douglas

#### SOUTH AFRICAN TOUR

The group leaves on March 29 at 3:45 p.m. The participants are listed in the February Newsbrief, but since then Russell Green and Shirley Izzard have

dropped out and Nick Roos has joined.

#### SEMI-ANNUAL MEETING

March 28, Kinsmen Hall, Ladner, 10:00 a.m. to 1:30 p.m.

#### NEW MEMBERS

William Reader,  
Box 11, RR3,  
Carp, Ontario,  
K0A 1L0.

Irving Weiss,  
1635 Mariposa,  
Boulder, Colorado,  
80302, U.S.A.

443-6847

#### PROBIKE

Cycling is a lifestyle: this is the theme of a conference to be held at the University of Victoria, August 17 - 20, 1989. The BABC is the first host outside the U.S.A. The conference will mark the inauguration of a Rails-to-Trails organization in Canada.

ProBike conferences are traditionally designed to be of interest to educators, engineers in the transportation discipline, enforcement agencies concerned with traffic safety, bicycle enthusiasts and advocates. This conference will feature a special seminar for teachers on bicycle safety education, workshops on rails-to-trails, workshops emphasising the indiscriminate nature of cycling, its versatility, and its effect on lifestyle, in addition to city tours and other activities.

For more information, contact ProBike Victoria Conference, University of Victoria, P.O.Box 1700, Victoria, B.C. V8W 2Y2 or Bicycling Association of B.C., 332-1367 West Broadway, Vancouver, B.C., V6H 4A9.



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1989 TOURS & TRIPS

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October 17 - 19	Gabriola Island	Dennis Parsons 383-2028 Ella Laramée 274-9535	

VANCOUVER WEEKLY TRIPS


Sundays: Meet at 10:00 a.m. at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). For information contact: Marten McCready 736-4980 or Albert Manser 464-4981.

Thursdays: Meet at 11:00 a.m. at Ladner Community Centre. For information contact: Bob Douglas 435-3893 or Frank McCall 734-8587.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 10:00 a.m. at Burnside and Tillicum. For information contact: Dennis Parsons 383-2028.

Wednesdays: Meet at 10:00 a.m. at Quadra and Pat Bay Highway. For information contact: Dennis Parsons 383-2028.



# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 6 NO. 4

April 1989

MAILING ADDRESS: #101 - 1367 W. Broadway, Vancouver, B.C. V6H 4A9

OFFICE ADDRESS: 2182 W. 12th Avenue, Vancouver, B.C.

Phone: 733-4169

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists.

President	
Leo Comeau	939-0392
Vice-President	
Dennis Parsons	383-5546
Treasurer	
Bob Douglas	435-3893
Secretary	
Diana Lifton	536-7826
Office Manager	
Elizabeth Bush	733-2533
Newsbrief Editor	
John Philip	734-1398

## THE PRESIDENT'S CORNER

Semi-Annual Meeting: Many thanks to all those who attended the meeting. It was a good opportunity to wish all the members of the South Africa tour a happy voyage.

We owe many thanks to the ladies who prepared the lunch, especially to Rose Tanchak who helped me the day before, the day of the meeting, and also donated a large cake. Thanks to Eva Folk who took the job of over-seeing the lunch, and also donated two pans of Granola bars. And thanks to Irene Thornton and her husband who were visiting from Kamloops, and pitched in and worked till the last minute. Our kindest appreciation to all. We enjoyed a good lunch while conversing with everyone.

The tour committee under the chairmanship of Dennis Parsons reported on the progress of each tour, and everything points to a very active summer.

Elizabeth (Buffy) gave us a report on

the number of members who have renewed their membership. We were surprised to hear that about 30 members haven't done so yet. Please do so before we revise and mail out the 1989 membership list.

Sleeping Bags: For those who need a sleeping bag for the coming tours, the Society still has some to sell. They are very good quality (Black Ice), and reasonably priced. We also have Igloo tents, helmets and a few other items for sale.

Casino: We have made an application for a casino licence. If we are successful we may be able to pick up some extra money to launch one or two programs to help the club and the members. We are patiently waiting a reply. Leo.

## BOWEN ISLAND TOUR - May 10, 1989

Co-ordinator: Leo Comeau 939-0392

Leave at 8:30 a.m. from the former International Plaza Hotel at Capilano Road and Marine Drive in North Vancouver. Take the 9:50 a.m. ferry from Horseshoe Bay. Bring lunch. Return by 2:55 p.m. ferry.

## SOUTH AFRICA TOUR

These two installments describe the start and first few days of the tour. They were sent by fax from Bill Powell.

1. On March 29th, 1989 at 2:45 p.m. precisely 25 club members left for the long journey to Cape Town via Amsterdam and Johannesburg on KLM. We found this airline to be superb, the food was succulent and the service excellent. We enjoyed very spacious accommodation since we were upgraded prior to the flight. In Amsterdam a wonderful trip on the canals took

up most of a warm afternoon before a long wait for the midnight plane. Maria Kost-Smit was visiting in Holland and spent the day with us.

On the long flight down to South Africa we saw a gorgeous sunrise over the confluence of the White Nile and Blue Nile, and the snow-capped peak of Kilimanjaro. On the way we landed at the colourful airport in Nairobi.

Johannesburg greeted us with a warm gentle wind, and invigorating air - as befits a city at 5,300 feet elevation. After a whirlwind tour of the city with Issel Krinski of Victoria we settled down to an elaborate smorgasbord dinner at the Johannesburger Hotel with all of us there plus Dennis Parson's sister and niece.

Then we flew to Cape Town passing over beautifully shaped mountains, snow-capped as ours might be in the fall. It was warm sunny weather reminiscent of an October day in Vancouver or Victoria. Jean and Bruce Pickering Dunn (our host for the trip) picked us up at the airport, and we then proceeded to put our bikes together for the rest of the day.

Sunday came up bright and clear, and we headed out about 9:00 a.m. for a great ride down the Cape along a nice level board walk filled with a beach crowd. However shortly we were on very hilly roads along precipitous overhangs and exotic escarpments. In some areas we had good roads and in others we just had room for cars to pass. The scenery was breathtaking with only the extreme caution necessary to subtract from the euphoria of this ride high above the thunderous surf 600 feet immediately below us. Our van brought our lunch to the residence of Roy Makepeace's daughter, and we all lay around on the lawn in the warm sun enjoying her gracious hospitality. Then we crossed the peninsula to our camp at Miller Point for our first night of tenting. The next day we proceeded by van to the end of the Cape of Good Hope through a game reserve, before we headed back to Cape Town by bike. This was a day that nobody will forget, but we cannot highlight it here due to space requirements.

2. The Cape Town area is very beautiful. Animals seen along the road are bontibok, springbok, eland, zebra, wildebeeste, porcupine, weasel (schunk), camel and

angora goats and the mountain baboons are also interesting. There is a large population of ostrich which intrigues all of us. Much of the land we are going through is desert and semi-desert with all the beautiful flowers and other interesting things to see that are associated with that type of country. The flowers around the homes are impressive with luxurious tropical plants such as bouganvillea, jacaranda, wattle, protea, hibiscus and birds of paradise with plenty of roses thrown in.

However climbing some of the barren rock mountains from 11 am to 3 pm in temperatures up to 105 degrees and with distances up to 100 km. has been debilitating to some of our group. One day, after a 15 mile hill that would put the Hope-Princeton to shame we did not get into camp until dark.

We are now getting away in the morning by 7:15 am, and we are making sandwiches now instead of having their lunch. We are gradually getting our cateress trained to prepare the food we like. Dinner is on the European plan and is ready between 7:30 and 9:30 pm. While this is conducive to sampling the excellent wines it does cut down on the bridge playing.

We are staying in quaint but commodious thatched cottages on the shore of Mossel Bay - a port and seaside resort. I look out the window as I write this at beautiful rock formations interspersed with sandy beaches and surfers frolicking in the waves. Half the group have gone off for the day to see the caves and other attractions.

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#### PROPOSED MAUI & WAIKIKI BEACH TOUR - 1990

This tour will run from March 22 to April 10, 1990, and will cost \$1,450. 10 people have asked to go since the trip was announced at the AGM last November. The limit is 13. Reservations have been made on both islands. Bill Powell

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#### TOUR DE FRANCE - 1990

Ernie Addicott is planning to go on the tour of France which he withdrew from in 1987 for personal reasons. The trip will run from the beginning of September to

mid-October 1990. The cost will be about \$3,000, and no vehicles will be involved. Phone Ernie at 922-0335 or write him at 627 Duchess Ave. West Vancouver, V7T 1G6.

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NORTH OKANAGAN - KOOTENAY LOOP TOUR

June 21 to July 2, 1989

Co-ordinator: Ron France 545-5544

Itinerary: Start from Ron France's house which is north of Westbank on the west side of Okanagan Lake. Go on Westside Road 26 miles north from hwy. 97 if coming from Penticton, or 16 miles south from hwy. 97 if coming from Kamloops.

Day 1: June 21 - Leave from Ron's house. Coffee break at Bear Ck. Park 37k. Arrive Black Mtn. Growers, Gallagher Rd. off hwy 33, 2 mi. past last traffic light. 57k

Day 2: June 22 - Coffee break Big White turnoff 31k. Arrive Beaverdell Comm. Hall opposite Petro-Canada Garage. 77k

Day 3: June 23 - Coffee break Rock Creek Jct. 51k. Arrive Greenwood. 80k

Day 4: June 24 - Coffee break Grand Forks Museum downtown opp. Overwaitea 37k. Arr. Christina Lake Texas Pt. Prov. Park. 68k

Day 5: June 25 - Coffee break Summit 33k. Arrive Castlegar Pass Ck. Reg. Park (5k. from Keenleyside Dam on Arrow Lake). 78k

Day 6: June 26 - Coffee break Nelson in park near Hume Hotel 46k. Arrive Kokanee Creek Prov. Park. 67k

Day 7: June 27 - Coffee break and group swim Ainsworth Hot Springs 21k. Arrive Mirror Lake campsite, Kaslo. 42k

Day 8: June 28 - Coffee Break Beaver Dam (The real thing) 36k. Arrive Roseberry Prov. Park, Slocan Lake. 54k

Day 9: June 29 - Coffee Break Nakusp 41k. Arrive Fauquier (1 blk. from ferry) 97k

Day 10: June 30 - Coffee break 1km. past 3 houses 34k. Arrive Cherryville 73k

Day 11: July 1 - Coffee break (?). Arrive Vernon 62k

Day 12: July 2 - Coffee break (?). Arrive Ron France's house. 48k

The total distance is 803k. (averaging 67k. or 42 m. per day). This is a camping trip with vehicle support. Bring your bathing suit to take advantage of the six lakes plus the hot springs we visit. The cost is \$175. Please make cheques payable to the Cross Canada Cycle Tour Society, and send to Bob Douglas, 8325 Joffre Ave. Burnaby, B.C. V5J 3L4 by June 1st.

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THE CUBAN TOUR by Roy Booth

On New Year's Day 14 Canadians mostly from the C.C.C.T.S arrived at Varadero Airport in Cuba under the impression that they would ride across Cuba in similar fashion to rides they had previously taken.

After many delays and false starts we were finally taken by bus to Havana, where, after further changes in plans we were finally put up in the Havana Libra, formerly the Havana Hilton. Thirty years of Cuban maintenance has resulted in a hotel that is no "Hilton". In time you get used to no plug in the sink, no seat on the toilet, and no roller for the toilet paper. Throughout the trip we were exposed to dirty windows, spilled paint, dirty carpets, and doors that wouldn't shut, or maybe wouldn't open. Generally speaking however if we could overcome our North American attitude of expecting things to work properly and on time we found we could have a great time going a little bit Cuban. I've said that Switzerland runs by the sweep second hand, the United States by the minute hand, Canada by the hour hand and Cuba by the calendar. In most cases the beds were good and the sheets were clean, as was the visible part of the floor, but don't look under the bed.

We remained in Havana for three days, and then we were flown to Holguin on the eastern part of the island. We waited a further two days there for the arrival of the Europeans. When they did arrive there was one Finn, four Swiss, eight Germans, and one hundred sixty-five Italians of which one hundred were road racers ranging in age from twenty to seventy-five. We could equal them with our seventy-

five, but we couldn't equal their ability to ride.

We finally started our ride from Moncada Barracks, the stronghold of Batista's Police, and the site of the first victory by Castro's forces. This was the start of a ride that was to take us 1365k in 15 days riding for an average of 90k per day. It was not the distances that were so bad, but we rode in a pack of up to 140 riders with from one to two feet in front and back and on each side, and we travelled at speeds in the range of 40 kph. We would ride 40k without a stop and we often averaged 27 to 30 kph. During the ride however you could always stop and a truck would pick up the bike, and a bus would pick up the rider. After 40k or so we would stop for fruit and juice, or for one of the famous or infamous Cuban sandwiches.

Our route took us from Cienamura to Guantanamo, to Santiago de Cuba, to Bayamo, to Holguin, to Las Tumas, to Camague, to Ciego de Alina, to Sancti Spiritus, to Santa Clara, to Cienfuegos, to Passacaballo, to Varadero, to Havana and to Saroa. Cuba is not all flat. There are good mountains in some areas, but much of our ride was in flat country, and we had some head winds but mostly tail winds. The days got quite hot in the afternoon, but it was bearable, and the nights were nice and cool.

The worst part was that often our departure was delayed by long speeches we couldn't understand as they were all in Spanish, and they were then translated into Italian which once again we couldn't understand. The reason for all the long speeches was that we had joined the Third Annual Cross Cuba Cyclethon for Peace and Friendship, and also to commemorate the thirtieth anniversary of the revolution. For these reasons we were heavily subsidised by the Cuban Government (our \$34 per day would never have paid for our room and meals let alone all the support). Regarding the speeches we were impressed with the poise and confidence of small school children who would step up to a mike, and make a long and effective speech to a crowd with or without notes.

The main impression of the trip was the actual ride. When we started out we would be proceeded by up to ten motor cycle police with flashing lights and blaring

sirens. They would clear all traffic off the highway (and I mean right off the road). This included taxis, buses, army vehicles, horses, everything, and only a couple of ambulances were allowed to pass slowly. The motor cycle police were followed by three police cars with flags and P.A systems along with their sirens. Then came the riders in close formation, followed by two vans with spare bicycles and parts. If someone got a flat in either wheel they would be back on the road in less than one minute. The vans had six mechanics in them. Next came two and sometimes three ambulances, and following them were two 20 passenger buses (one for the Canadians with our own translator and guide). These were followed by four 40 passenger buses, and to bring up the rear there were two more motor cycle police.

We had a newspaper reporter with us throughout the trip and most days we made front page news. We also had T.V. and movie coverage all the way. The total cost must have been awesome.

Cuba has spent heavily in health, education and housing. In the education field they have also put great effort into sports, and in order to create a desire to win they give their champions good jobs. The people running this tour were champions in various fields. One man was a champion in cycle racing having won a race in France. One of the women was a three time winner in synchronized swimming in the Pan Am Games. Another man was the winner of the 400 and 800 metre races in the Montreal Olympics. These people may be very good at their sports, but it doesn't follow that they are great organizers. We however still elect movie stars and football heroes, so I guess it's not much different. Lack of communication throughout the tour was a problem.

Our meals were very good with lots of fruit and juices. Most of the meals were buffet style with cold and hot tables. There was usually a fish, chicken or beef choice. Vegetables were in short supply with carrots as a special treat. Rice, beans and eggs were plentiful. The breads were poor by our standards, but there were many types of pastry and cake, and some of the best ice cream you could ask for. We always had beer with our meals, and on occasion we had wine.

Even riding in the pack I found I could

still look around and see the countryside and the people who lined the sides of the highway and city streets. Riding through the centre of the island you get much more of the feeling of Cuba than you would at one of the tourist resorts. The Cuban people were very friendly and made every effort to talk to you and to please you even to the extent of saying yes even when the answer was really no (such as: "Can I have pancakes?").

Most of the sugar cane harvest is now done by machine, but there are still people in the fields cleaning up anything that is missed. Here you see the patient oxen with their carts. We saw everything from small huts to state farms, we saw chickens running wild to batteries of chickens and we saw extensive feed lots for cattle and also beef cattle roaming all over the place.

There were frustrations at times, but it was another experience that none of us will soon forget. We found that the happy hour solved all the problems of the past and mellowed you for any future ones.

It was a great trip, not what we expected but great anyhow. Maybe if we had known what we were getting into we might not have gone, and that would have been a shame. I'm sure we all learned something from the trip, and we have a new view of Cuba, and so on to the next experience.

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#### CORRESPONDENCE

From: John Cameron,

Just wanted to add a note to congratulate the executive and members responsible for planning such a full and varied cycling program over so much of this year. It sounds great and I'm sure all of our members will appreciate it.

From: Edna Robinson,

I really have a problem getting away for any length of time. This is a country place with a horse to see to, and with vandalism on the increase it's not wise to leave a place vacant for long.

This is just a shot in the dark, but it may help me pursue some of my ambitions while I'm still in good shape. I would like to do some galivanting this year on my horse in the Cariboo, or on my bike, or travelling with Loners on Wheels (ask

me about that club sometime).

I'd like to find someone or a couple to stay at my place either in their rig, or in the house, and enjoy this area. It's free just to supervise.

If interested phone (604) 378-5058 or write Edna Robinson, General Delivery, Merritt, B.C. V0K 2B0.

Editor's Note: Members will recall that both of the 1988 Okanagan tours stayed at Edna's place. See Eva Folk's articles in the 1988 August and Sept.-Oct. Newsbriefs for descriptions of how well Edna treated our groups.

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#### WELCOME TO OUR NEW MEMBERS

Bob Forsberg  
782 Hutchinson Avenue,  
Victoria, B.C. V9A 6K1 385-7036

Troy Rohweder (503) 963-9656  
1710 2nd Street,  
La Grande, Oregon. 92850

Eila Taylor  
3281 West 39th Avenue,  
Vancouver, B.C. V6N 3Z9 266-6847

Judy Walker  
8B 365 Ginger Drive,  
New Westminster, B.C. V3L 5L5 521-1585

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#### NEWS ITEMS

Chuck & Lynn Dick have AA strip maps, maps of the North and South Islands, some city maps, a couple of books and some brochures of New Zealand. Anyone contemplating a tour down there is welcome to use these.

Sincere condolences to Bill & Cecile Hammond. Cecile's father passed away recently after a lengthy illness.

Our best wishes to Eric Manuel for a speedy recovery after open-heart surgery, and to Charlie Addison who was in U.B.C. Hospital recently for one week.

This year the Ladner May Day Parade will take place on May 28th. Details will be in the next Newsbrief.

THE CROSS CANADA CYCLE TOUR SOCIETY

1989 TOURS & TRIPS

April 1989

<u>DATES</u>	<u>TOUR</u>	<u>CONTACTS</u>	<u>REMARKS</u>
May 10	Bowen Island	Leo Comeau 939-0392	See page 1.
May 15 - May 18	Vancouver to Whistler Area and Return	Ernie Addicott 922-0335	Limited to 10 participants.
May 29	Coquitlam - Haney - Whonnock	Leo Comeau 939-0392 Doc Watson 477-0476	
June 1 - June 15	Dempster Highway Dawson City to Inuvik	John Peck 536-0197 Chuck Dick 261-5092	Mountain bikes only.
June 21 - July 3	North Okanagan - Kootenay Loop	Ron France 545-5544 Dennis Parsons 383-2028	Cost \$175. Deadline for payment June 1st. See page 3.
July 6 - July 10	Chilliwack Valley	Leo Comeau 939-0392 Dennis Parsons 383-2028	Stave Lake - Harrison Lake - Chilliwack Lake
July 24 - August 4	San Juan Islands	Bob Douglas 435-3893	Cost \$150. Deadline for payment July 1st.
August 15 - 17	Hurricane Ridge	Dennis Parsons 383-2028	
August 23 - Sept. 24	Oregon-California Coast.	John Philip 734-1398	Vancouver to Santa Barbara.
October 17 - 19	Gabriola Island	Dennis Parsons 383-2028 Ella Laramee 274-9535	

VANCOUVER WEEKLY TRIPS

- Sundays: Meet at 10:00 a.m. at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). For information contact: Marten McCready 736-3893 or Albert Manser 464-4981.
- Sundays: Meet at 10:30 a.m. at Robson and Chilco Streets in West End of Vancouver. For information contact: Ernie Addicott 922-0335.
- Tuesdays: Meet at 9:00 a.m. at Dunbar Community Centre at 31st and Dunbar. For information contact: John Philip 734-1398.
- Thursdays: Meet at 11:00 a.m. at Ladner Community Centre. For information contact: Bob Douglas 435-3893 or Frank McCall 734-8587.

VICTORIA WEEKLY TRIPS

- Sundays: Meet at 10:00 a.m. at Burnside and Tillicum. For information contact: Doc Watson 477-0476.
- Wednesdays: Meet at 10:00 a.m. at Quadra and Pat Bay Highway. For information contact: Doc Watson 477-0476.

July 16





VOL. 6 NO. 5

May 1989

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THE PRESIDENT'S CORNER

Ladner May Day Parade: Join us on Sunday, May 28th in Ladner to take part in the parade. It starts at 1:30 pm, so if we begin our regular Sunday ride at 10:00 am we can have a two and a half hour trip before the parade starts. Afterwards we will meet at Al Hollinger's place to enjoy his hospitality with coffee and goodies. See you all there. Leo.

COQUITLAM-HANEY-WHONNOCK TOUR - May 29th

Co-ordinator: Leo Comeau 939-0392  
 Rating: Intermediate.  
 Distances: 65 & 90 km.

Start at 9:00 am from Park and Ride at Lougheed and King Edward. Ride to Haney via Essondale, Port Coquitlam and Pitt Meadows.

Groups from Victoria and Surrey should meet the groups from Vancouver, Burnaby

and Coquitlam at McDonald's at 10:30 am at the east end of Haney about 2 km from the Albion Ferry.

At 11:30 am take the Dewdney Trunk Rd. and travel east to 272 St., or to Wilson St. which is further but well worth the extra distance, since it takes us to Hayward Lake dam; coming out at Ruskin. From Ruskin we bike back to Albion Ferry where the Victoria and Surrey groups leave. The rest bike back to Park and Ride.

Bring lunch.

CHILLIWACK VALLEY TOUR

July 6 to July 12, 1989

Co-ordinator: Leo Comeau 939-0392

This is a camping trip with a support vehicle. As is now customary on our trips we must have all our belongings (except sleeping bag) in a 12"x15"x36" horizontal type sports bag for ease of loading and storing in the support vehicle. All camping meals will be supplied, and we will as usual take turns cooking.

Bring bathing suits. The cost based on 30 participants is \$80. each. Please make your cheque payable to Cross Canada Cycle Tour Society, and send to Bob Douglas, 8325 Joffre Ave. Burnaby, B.C. V5J 3L4 by the deadline date of June 15th.

Day 1: Thursday, July 6.

To Stave Lake Campground. Support vehicle will pick up baggage at King Edward Park & Ride on Lougheed Hwy. at 8:30 am, and at Albion Ferry at 9:15 am. Meet at McDonald's in Haney at 9:30 am. Lv. for Stave Lake at 10:00 am. 45 km from park and ride.

Day 2: Friday, July 7.

To Harrison. Stay at Glencoe Motel

Campsite. We should arrive early enough to visit Harrison, or to go for a swim in the Community Pool. Approx. 70k.

Day 3: Saturday, July 8.

To Chilliwack Lake Prov. Campground. You will be guided through Chilliwack to Vedder Crossing. Before Crossing go left onto Chilliwack Lake road. Visit picnic areas, Slesse Monument near Slesse Park, Correctional Institute, and Fish Hatchery at Slesse Creek Bridge. 20k. of smooth gravel road. Total 90k.

Day 4: Sunday, July 9.

To Cultus Lake. Retrace route to Vedder Crossing. Go left on Vedder Mtn. Road to Columbia Valley Road. Follow to Sunnyside Campground. Approx. 40k.

Day 5: Monday, July 10.

Stay in Sunnyside Campground. You can tour the Columbia Valley by return loop, which takes you close to the U.S. border and back to camp, approx. 40k, or visit the Military Museum and browse around the town of Vedder. Good swimming.

Day 6: Tuesday, July 11.

To Rolley Lk. Prov. Campground. Go left at Columbia Valley Rd. on Vedder Mtn. Rd. which becomes Yarrow Central at Wilson. Follow Yarrow Central to Boundary. Turn left on No. 3 Dyke and cross Trans-Canada Hwy. then go via Abbotsford and Mission.

Day 7: Wednesday July 12.

Return home via Haney by Dewdney Trunk Road.

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OREGON-CALIFORNIA COAST TOUR

Co-ordinator: John Philip 734-1398  
August 22 to September 24, 1989

Itinerary: This will be a repetition of our 1986 tour, and except for changes at the start the itinerary follows fairly closely the route described in the book: "Bicycling the Pacific Coast" by Tom Kirkendall and Vicky Spring.

Going south from Vancouver we cross the border to Blaine and head south through Washington via Bellingham, Whidbey Island and down the east side of the Hood Canal to Astoria on the Oregon side of the Columbia River.

From there we travel south along the coastal highways in Oregon and California to our destination at Santa Barbara. We take 29 cycling days to cover the 1500 miles from Vancouver to Santa Barbara--an average of 52 miles per day. Five rest days bring the trip duration to 34 days.

Camping: This is a camping trip. We will stay in State Parks and private campsites. Remember that all your belongings (except sleeping bag) must be packed in a 12"x15"x36" horizontal type sports bag for ease of loading and storing in the support vehicle.

Support Vehicle: We will have a vehicle with us to carry our personal gear, food and cooking equipment.

Return Trip: By train or plane. Details on fares will be discussed next month.

Route Maps: The following route maps are useful. The costs may have increased since we last sent for copies in 1986.

"Washington Bike Map and Freeway Guide"  
from Public Affairs Office  
Washington State Dept. of  
Transportation  
Transportation Bldg. KF-01  
Olympia, Washington 98504  
(Cost US\$0.50)

"Oregon Coast Bike Route"  
from Bicycle Program Manager  
Oregon Dept. of Transportation  
Room 200, Transportation Building  
Salem, Oregon 97310 (Free)

"Pacific Coast Bicentennial Bike Route"  
from Caltrans  
6002 Folsom Boulevard  
Sacramento, Calif. 95819  
(Cost US\$2.00)

Costs: The total cost will be CAN\$550. (not including the return fare from Santa Barbara). The deadline for payment of the non-refundable deposit of \$100. is June 15th. Payment of the balance is required by August 1st.

46 members have expressed an interest in this tour, and trip planning, which includes making campsite reservations, and perhaps having to make the difficult decision to limit the number of participants, makes it essential that we all adhere to the above dates.

Please make cheques payable to Cross

Canada Cycle Tour Society, and send to Bob Douglas, 8325 Joffre Ave. Burnaby, B.C. V5J 3L4.

(To be continued in next Newsbrief).

### IT'S BETTER GETTING THERE BY BIKE . . .

This article by Alicia Priest appeared in the Health/Fitness section of the Vancouver Sun on Tuesday, April 25, 1989.

Getting there is all the fun. That's the philosophy of the cycle touring crowd - the folks who get to stop and smell the flowers while covering up to 100 km of countryside a day.

"Travelling by bike gives you a different perspective of the country than from a car. It gives you a sense of accomplishment....and allows you to stop at the general store and get to know the people along the way." says Richmond cyclist Verni Brown, 43.

"A lot of people are intrigued by cycle touring. When you stop, they ask where you're going and how far, and a lot of questions."

When it comes to accessible countryside Lower Mainlanders who have a little strength and stamina - and a good two-wheeler - are in luck.

From May to October, local cycling clubs offer weekend tours to such exotic destinations as Lillooet, Port Townsend and the Sunshine Coast.

People with time and energy to spare can join clubs cycling across the country, along the Yukon tundra and down the Pacific coast.

The Vancouver Bicycle Club also organizes leisure rides every Sunday to nearby places like Deep Cove and Steveston. The difficulty of all rides is rated by distance and approximate cycling time.

Club president Marion Orser, 50, says people join mainly for social reasons.

"Most people join just to have other people to bicycle with. I got really keen. I just really enjoy the cycling, I enjoy the people, the places I've seen. It becomes a way of life."

Orser says beginning cyclists needn't be intimidated by joining a group of experienced riders. "On the leisure rides, we move at the pace of the slowest cyclist," she says.

"When I first started I had an upright Sears special. I became a serious cyclist. Now I'm riding a Miyata 1000 (an 18-speed touring bike)."

For safety reasons, Orser recommends that cyclists take a defensive cycling course and always wear a helmet.

"It certainly helps if you take the effective cycling course, so you know where you should be on the street in relation to the cars," she says.

"The thing that really frustrates me about drivers is that there is nothing in our legislation or in our driving courses on cyclists. When you get your driver's licence, you are not aware that a cyclist is a vehicle. Drivers don't realize that (cyclists) have a right to be there."

Touring cyclists should be fairly knowledgeable about how their bikes work and be prepared to deal with basic bicycle mechanics. A water bottle, helmet, pump, patch kit and spare inner tube are essential on longer trips.

"You have to carry what you need with you. You can't just yell for help when something goes wrong," says Brown. "You have to rely on yourself."

North Vancouver (?) resident Leo Comeau joined the Cross Canada Cycle Tour Society, a senior's cycling club, when he retired five years ago. Before that, he had never owned a bike. Today, at 70, he is a cycling fanatic - and the club's president. "I had a few falls at first, I can tell you," Comeau says. "But I love bicycling. I love to see the countryside and cycling is such a good exercise. It keeps you fit."

The club organizes extensive tours to places like Australia, New Zealand and South Africa. This summer, it is planning a trip along the Dempster Highway in the Yukon. Every Sunday, the group meets at Oakridge and cycles to Steveston and back - a distance of about 80 km.

On Thursdays, members ride from Ladner to the Reifel Bird Sanctuary, to Point Roberts and back to Ladner - about a 50 km trip.

Twice a year, the group does a three-day tour of Gabriola Island.

The B.C. Bicycle Association has a resource library of bike routes, maps and books for members' use. For information on bicycle tours in the Lower Mainland, call its bicycle hotline at 731-7433.

## BICYCLING ASSOCIATION OF B.C. PAMPHLETS

As first mentioned in the August 1988 Newsbrief the B.A.B.C. has prepared seven bicycling pamphlets. The following ones seem most relevant to our needs:

Consumer Information for Cyclists - lists things to consider when buying a bicycle.

Cycling Efficiently - gives information about getting the proper fit in a bicycle frame, and the optimum gearing for your fitness level and cycling requirements.

Trouble Shooting - suggests basic tools, preventive maintenance and tire repair technique.

Bicycle Touring - suggests ways to tour, lists appropriate clothing and equipment.

If you want any of these titles please write to the office, or phone Elizabeth Bush at 733-2533.

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## RIDING TWO ABREAST by Doc Watson

A recent article in the Victoria Times-Colonist outlined complaints by motorists about cyclists riding three and four abreast, failing to obey traffic signs and presenting a belligerent attitude.

The complaints were directed mainly to members of a major cycling club in Victoria, who are involved in training and racing. The club has initiated disciplinary action against any member who fails to abide by the club's riding regulations.

A member of the CCCTS, who wishes to remain anonymous, has observed that some members of the CCCTS, on club rides and tours, ride two abreast while carrying on a conversation, and he feels that this habit poses an irritant to motorists.

It is most difficult to control this situation, but certainly common sense and courtesy on the part of cyclists must prevail.

Group riding, two abreast with up to 16 cyclists, is common cycle club practice. However some discipline is essential.

On country or rural roads with limited traffic, cyclists riding two abreast do not pose a problem for a motorist except

when approaching an up-hill situation. In this instance, in the interest of safety, it is incumbent on the cyclists to form a single line.

A long line of cyclists in single file riding on a narrow, high traffic density thoroughfare presents a greater danger to the cyclists than the same group riding two abreast. In the latter situation a motorist is forced to wait until it is safe to pass the group. It should not, however, become a habit to impede traffic flow.

Once again common sense, good judgment, courtesy, and obedience to traffic laws should be the goal of all CCCTS members.

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## THE SUN FUN RUN - 1989 by John Philip

Just after Christmas I read in the Vancouver Sun that a 10 kilometre Fun Run was planned for April. At the time I was looking for a way to keep fit during the winter months, and I thought that it would be easier for me to creep quietly out the back door at 6:30 am on those cold, wet, dark, miserable winter mornings, and go jogging rather than having to get all my gear together and go biking, so I mailed in the application form and started to train for the big event.

Early in the morning on the day of the run it was bright and clear, but as the motley crowd of fitness fanatics wearing a myriad of fashions and colours of sports clothing gathered in Vancouver's downtown it was decidedly cool, and many people, myself included, were packed into the corridors and lobbies of the Hotel Vancouver to keep warm.

At about 7:35 am a grand total of 11,652 runners, joggers, walkers and strollers started to move along West Georgia Street. We had all been crowded into less than three blocks from Howe Street to just west of Burrard Street waiting for the starter's gun. Within seconds of starting to run from my position just east of Hornby Street I was brought to a virtual standstill by the throng of humanity in front of me. It took me nearly four minutes to reach the starting line!

Shortly after we crossed the starting line the press of bodies began to thin

out, and we had some running room. The route, which had been well thought out, went down Georgia Street and into Stanley Park, where, not far beyond the Rowing Club, we turned up past the Aquarium and came out at Lumberman's Arch. Then, after running on the main Park road for several hundred yards we made two left turns and headed back along Pipeline Road to Lost Lagoon. From there it was down to the front at English Bay, and along Beach and Pacific Avenues to the finish line on the road just outside the Plaza of Nations on the old Expo site.

It was a crisp, sparkling morning for what was truly a fun run along a course where Vancouver's scenic vistas unfolded at every step of the way.

It took me 1 hour and 12 minutes to complete the run, and I hope that all the exercise involved has got me fit for this summer's bike tours. I believe that as well as biking we should all do at least one other reasonably strenuous physical activity, such as walking, jogging, swimming or cross-country skiing, since it's good for us to use another set of muscles. So with this in mind I hope to see you all next year running, jogging, walking or shuffling along with me in the Sun Fun Run in April 1990.

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#### ATTENTION ALL MOUNTAIN BIKE RIDERS

by Ken Grieve

Starting in May, Bruce Hainer of the Vancouver Bicycle Club plans to lead a series of fun, elementary, OFF ROAD RIDES on Saturdays beginning at 10:00 am on trails in the Vancouver area in locations such as UBC Endowment Lands, Stanley Park and Burnaby Mountain (SFU).

Bruce is an experienced trail rider who can help you learn the basics of handling an All Terrain Bicycle (ATB) safely and effectively on the trail and on the road.

For further information, phone Bruce at work (255-5755) between 8:00 am & 5:00 pm (leave phone no. and message), or at home (298-7060) between 9:00 pm and 10:30 pm.

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#### 1989 CCCTS MEMBERSHIP LIST

A copy of the latest membership list is included with this Newsbrief.

#### CORRESPONDENCE

The following letter was sent to Dennis Parsons by the Honourable Neil Vant, Minister of Transportation and Highways.

Thank you for your letter of February 8, 1989, regarding the provision of bicycle facilities on the Island Highway.

I am pleased to advise you that bicycles will be permitted on the freeway sections of the Inland Island Highway Project including Pat Bay to Goldstream Park, as well as the new inland route around Nanaimo, and from Parksville to Campbell River.

As you note in your letter, the construction of full width shoulders will provide a more acceptable route than that allowed by the present highway. In addition, by supplying a new separate facility around Nanaimo and north of Parksville, we will in effect, remove traffic from the existing highway, thus making it a more attractive route for tourists.

Your interest in this important transportation development is appreciated.

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#### WELCOME TO OUR NEW MEMBERS

Walter & Edris Griffiths      420-2369  
Ste.4 - 7363 Montecito Drive,  
Burnaby, B.C.      V5A 1R4

Audrey Hayes  
101 - 1459 Blackwood Street,  
White Rock, B.C.      V4B 3V6

Sol & Shirley Kort      261-7863  
75 - 4100 Salish Drive,  
Vancouver, B.C.      V6N 3M2

Arthur Monsebraaten  
2335 Harding Road,  
Ottawa, Ont.      K1G 3B7

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#### BIKE-A-THON on Sunday, June 4th.

Support the Canadian Diabetes Assn. by participating in this event which will be held throughout B.C. Vancouver area members start between 8:00 and 9:30 am from Brockton Oval in Stanley Park. CCCTS members can enter as teams or as individuals. Phone 732-1331 for further details.

THE CROSS CANADA CYCLE TOUR SOCIETY

1989 TOURS & TRIPS

May 1989

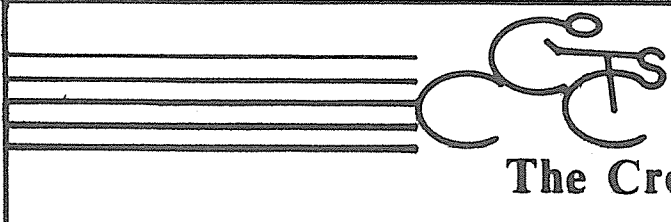
<u>DATES</u>	<u>TOUR</u>	<u>CONTACTS</u>	<u>REMARKS</u>
January	Cuba	John Cameron	Completed.
April	South Africa	John Peck/Dennis Parsons	Completed.
May 10	Bowen Island	Leo Comeau	Completed.
May 15 - May 18	Vancouver to Whistler Area and Return	Ernie Addicott 922-0335	Completed.
May 29	Coquitlam - Haney - Whonnock	Leo Comeau 939-0392 Doc Watson 477-0476	For details see page 1.
June 1 - June 15	Dempster Highway Dawson City to Inuvik	John Peck 536-0197 Chuck Dick 261-5092	Mountain bikes only.
June 21 - July 3	North Okanagan - Kootenay Loop	Ron France 545-5544 Dennis Parsons 383-2028	Cost \$175. Deadline for payment June 1st.
July 6 - July 12	Chilliwack Valley	Leo Comeau 939-0392 Dennis Parsons 383-2028	Cost \$80. Deadline for payment June 15th. For details see page 1.
July 24 - August 4	San Juan Islands	Bob Douglas 435-3893	Cost \$150. Deadline for payment July 1st.
August 15 - 17	Hurricane Ridge	Dennis Parsons 383-2028	
August 22 - Sept. 24	Oregon-California Coast.	John Philip 734-1398	Cost \$550. not including return fare. \$100. deposit by June 15th. See page 2.
October 17 - 19	Gabriola Island	Dennis Parsons 383-2028 Ella Laramee 274-9535	

VANCOUVER WEEKLY TRIPS

- Sundays: Meet at 10:00 a.m. at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). For information contact: Marten McCready 736-4980 or Albert Manser 464-4981.
- Sundays: Meet at 10:30 a.m. at Robson and Chilco Streets in West End of Vancouver. For information contact: Ernie Addicott 922-0335.
- Mondays: Meet at 9:30 a.m. at Dunbar Community Centre at 31st and Dunbar. For information contact: John Philip 734-1398. Note change from last month.
- Tuesdays: Meet at 10:00 a.m. at Ladner Community Centre. For information contact: Al Hollinger 946-1347.
- Thursdays: Meet at 11:00 a.m. at Ladner Community Centre. For information contact: Bob Douglas 435-3893 or Frank McCall 734-8587.

VICTORIA WEEKLY TRIPS

- Sundays: Meet at 10:00 a.m. at Burnside and Tillicum. For information contact: Doc Watson 477-0476.
- Wednesdays: Meet at 10:00 a.m. at Quadra and Pat Bay Highway. For information contact: Doc Watson 477-0476.



# NEWSBRIEF

## The Cross Canada Cycle Tour Society

VOL. 6 NO. 6

June 1989

MAILING ADDRESS: #101 - 1367 W. Broadway, Vancouver, B.C. V6H 4A9  
 OFFICE ADDRESS: 2182 W. 12th Avenue, Vancouver, B.C.

Phone: 733-4169

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists.

President	
Leo Comeau	939-0392
Vice-President	
Dennis Parsons	383-2028
Treasurer	
Bob Douglas	435-3893
Secretary	
Diana Lifton	536-7826
Office Manager	
Elizabeth Bush	733-2533
Newsbrief Editor	
John Philip	734-1398

kinson's 2098 - 176th Street, Surrey. You will be advised when and where your luggage will be picked up, and you will get a detailed version of this itinerary:

- July 24           Larrabee State Park.
- July 25 - 27    Deception Pass State Park  
for visits to La Conner,  
Coupeville, Oak Harbor and  
Anacortes.
- July 28 & 29    Lakedale Camp, San Juan Is.
- July 30 & 31    Moran State Park, Orcas Is.
- Aug. 1 & 2      Lopez Island (Visit Shaw  
Island on Aug 1).
- Aug. 3          Larrabee State Park.

SAN JUAN ISLANDS TOUR

July 24 to August 4, 1989  
 Co-ordinator: Bob Douglas 435-3893

At present 28 persons have expressed an interest in this trip. Please remit the estimated cost of \$150. CAN. by July 1st. Make cheque payable to Cross Canada Cycle Tour Society, and send to Bob Douglas, 8325 Joffre Ave. Burnaby, B.C. V5J 3L4. As the tour is relatively short support vehicle driving duties will be shared by the participants.

Please place your belongings, other than the sleeping bag, in a large horizontal type sports equipment bag. Bring a knife, fork, spoon, cup, bowl and plate. Also bring your pump, spare tube, tire irons, patch kit and bathing suit.

Make sure your medical insurance is adequate for U.S. travel. You will be expected to sign the usual liability release and financial commitment. Limited vehicle parking is available at the Wil-

ANNUAL PICNIC - Details of this event, which takes place on Thursday, August 10th, will appear in the next Newsbrief.

THE HURRICANE RIDGE ADVENTURE

August 15 to 17, 1989  
 Co-ordinator: Dennis Parsons 383-2028

The Mainlanders will catch the 9:00 am ferry on August 15th to reach Swartz Bay. The Islanders will welcome them there, and then escort the crowd to the accommodation set up by the members in Victoria.

Food finding will be the responsibility of the individual.

The next day we board the M.V. Coho for Port Angeles. Disembarking we leave our tents and sleeping bags in the campsite, ride to the top of Hurricane Ridge and then whiffle back down to the campsite. We fill in the gap between then and dark with drinking, dancing or dieting.

On the third day we ferry back to Victoria, and ride to catch the ferry to Swartz Bay, sweaty, tired but smiling, with or without our Island hosts.

## OREGON-CALIFORNIA TOUR

August 22 to September 25, 1989  
Co-ordinator: John Philip 734-1398  
(Continued from May Newsbrief)

Participants: This tour is now full. The 36 members signed up are:  
Elizabeth Bush, John Cameron, Ian Cassie, Garfield Clack, Lynn Dick, Martine Donahue, Bob Douglas, Josh Fitch, Eva Folk, Bernice Gregory, Ken Hanna, Anne Ives, Frank Jacobsen, Pauline Jorgensen, Andre Kaufmann, Frieda Kaufmann, Maria Kost-Smit, Richard Lebek, Roy Makepeace, Marten McCready, Albert Manser, Dennis Parsons, John Peck, John Philip, Dorothy Philip, Marian Porter, Dennis Scorah, Freda Scorah, Rose Tanchak, Eila Taylor, Roy Towler, Ray Wilkinson, Kathy Wilkinson, Faye Wilson, Tage Winckler, Grethe Winckler.

Pre-Trip Meeting: A get-together of those going on the trip will be held at Kinsmen House, 5050 - 47th Ave., Ladner (opposite the library) at 11:00 a.m. on Friday, July 14th. Coffee and sandwiches will be served for lunch (Cost \$2.00). All who can are urged to attend this meeting. We will talk about the bus charter, cooking teams, and other relevant items of interest. An information sheet will be sent to all tour participants after the meeting.

Itinerary: Vancouver to Santa Barbara in California. The detailed itinerary will be mailed to participants.

Return Trip: Chartered Bus: We plan to charter a bus for the return trip from Santa Barbara to Vancouver. We will spend one day sightseeing and relaxing after we arrive in Santa Barbara. The bus will leave for the return trip on September 26th, and will come back to Vancouver in two days with an overnight stop halfway. The bus fare will be about C\$140 depending on the number of passengers, and will be payable with the balance of the tour cost by August 1st. If you can't come to the pre-trip meeting on July 14th please advise John Philip whether or not you want to return to Vancouver on the bus.

The regular bus fare is C\$167 (US\$139) with 10% off for seniors. The trip takes 31 hours.

Amtrak Train: The cost from Santa Barbara to Seattle is C\$170 (US\$142) for a coach seat (with 25% off for seniors) plus C\$110 (US\$91.50) per person for a shared economy bedroom including meals. The bus fare from Seattle to Vancouver is US\$27.

An Amtrak bike box costs US\$5.

The train leaves Santa Barbara at 12:05 noon and arrives in Seattle at 6:40 p.m. the next day.

Plane: The regular air fare from Santa Barbara to Vancouver via Delta Air lines is about C\$350. plus tax. However we are sure that cheaper air fares from Santa Barbara to Seattle are available. If you are interested in getting home quickly after the trip you should consult your travel agent for these bargains.

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## MAUI - WAIKIKI BEACH TOUR

March 17 to April 7, 1990  
Co-ordinator: Bill Powell 388-6392

The tour dates have been revised to the above. The cost is \$1450. and a \$100. deposit is required by July 15th.

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## THE SECOND ANNUAL CYCLE OREGON TOUR

In the February 1989 NEWSBRIEF Bernice Gregory described what it was like to take part in the First Annual Cycle Oregon Tour last year.

Well, Cycle Oregon II is slated for the seven days from Sunday September 10 to Saturday September 16, and their route covers 400 scenic miles from Portland to Ashland via Bend and Crater Lake National Park. The cost is \$99. for single riders, and \$180. for tandems (U.S. dollars).

So if you're interested write for an application form to:

Cycle Oregon II,  
c/o Oregon Tourism Department,  
595 Cottage St. N.E.,  
Salem, OR 97310, U.S.A.

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## WORLD RECORD?

The World Record holder for "blowing a bugle whilst riding a bike uphill dragging a four hundred pound load of pig iron and holding his breath at the same time" is buried at.....



SOUTH AFRICA TOUR by Bill Powell  
(Continued from April Newsbrief)

Mossel Bay was a very nice stop, it was our rest day, and was very much needed. Half our group went out for the most fabulous steaks I have ever tasted - Ostrich steaks cooked by the original Ostrich steaks gourmet chef. We recommended our own cook, Bruce, try them for one meal which he did. The other half of the group went to the Congo Caves at Oudtshoorn, which they really enjoyed. Later in the trip, the whole group went to the Sudwala Caves, which were very interesting.

This trip has been continual hills and mountains for the cyclists, and is by far the hilliest tour the CCCTS has gone on. We had two or three days of rain and several days of strong headwinds, but on the whole the weather has been very good with daytime temperatures of 70 degrees and up, and some cool nights.

The mountains are unique in many ways, and their shapes are stunning to behold. The most spectacular being the painted cliffs of the Transvaal, which are about the size of Mount Eisenhower but reminiscent of a great pile of coloured slabs cut by the Gods, with the devil slapping red ochre and sulphur yellow around with abandon.

Transkei is a magnificent country which we rode across during a long day in our vans. It reminds one of the great grasslands of Montana and Alberta, too awe inspiring to put into words. As many as fifteen hills stretching in the slight haze to the far horizon, with the only difference being that in Africa, the eye can see five to ten thousand round houses with thatched roofs. These houses form many villages and sometimes the villages run together, joining to form vast communities or cities. In North America one would be lucky to see more than one house. Cattle represent the wealth of the people.

Kruger, Addo, Umbolosi, Bontebok and Natal National Parks were very good, but the Chobe National Park in Botswana is amazing. We have seen a tremendous number of wild animals. It is hard to believe there are so many of them.

We took a cruise on the Chobe River in flood and while drinking beer in luxury could picture the trials of Livingstone,

Stanley and the other great explorers.

With the Zambesi River at its record height for at least 30 years, Victoria Falls defies description. One feels so insignificant and temporary. Five major falls with water ten feet deep come over the cliffs with a deafening thunder. Near the edge the rain goes straight up, and falls as far as half a mile away. Some areas have continual rain causing jungle growth in the savannah.

The architecture of South Africa is very diversified with many old buildings in amongst the new ones. Churches are numerous and beautiful. Gardens are luxurious.

To stand where Gandhi stood, to see Shaka's kingdom, to eat your sandwich in a field on the exact spot where Churchill was captured in the Boer War, to visit the war museum at Ladysmith and to learn about the great stories of Africa has to impress one.

We saw or visited Holland, Botswana, Kenya, Namibia, Transkei, South Africa, Zambia and Zimbabwe.

It is hard to say enough about the hospitality of the people of South Africa. The majority of towns put on elaborate receptions for us, sparing no expense for food, drink, conviviality and merriment. It seemed we had a party nearly every day to compensate for the challenging rides. The wonderful highways also were a big help.

We all appreciate the efforts of our co-ordinators, John Peck and Dennis Parsons, our treasurers, David Sawyer and Shirley Fisher, and our publicist, Monty Maundrell.

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DID YOU KNOW THAT.....

The world's first pedal-bicycle was invented 150 years ago this month by Dumfriesshire blacksmith Kirkpatrick Macmillan.

'Daft Pate' Macmillan knocked over a little girl in Glasgow and was hauled off to court.

The magistrate fined him five shillings for 'speeding at 8 m.p.h.' but was so intrigued by the 'devilish' contraption that he asked for a private demonstration - and paid the fine himself!

- Submitted by Dennis Parsons.

## MEDICAL AND HEALTH ADVICE

by Bob Douglas

On Dennis Parsons' suggestion we wrote to an organization called the International Association for Medical Assistance to Travellers (IAMAT) which was started by a Canadian Doctor in 1960. It has centres in most large cities and now, in our office, we have a booklet which gives the addresses and phone numbers of these centres.

A Centre will refer one to an English speaking doctor on call and these doctors have been checked for professional qualifications and office cleanliness, and they have agreed to fees (1989) in U.S. dollars as follows: Office \$30, House Call \$40, Nights 9 PM to 9 AM, Sundays and Local Holidays \$50.

The Centres can also advise on recommended immunizations, malaria risk, climate, recommended clothing, and the sanitary condition of local water, milk and other foods. For blood transfusions in third world countries they advise getting blood from someone you know or better yet have transfusions at home.

There is no charge for IAMAT services, but they give tax deductible receipts for donations. Their main office is at 40 Regal Road, Guelph, Ontario N1H 1B5.

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## CRASH, BOOM, BANG by Roy Cooke

On May 13th (how can I forget?) I came in contact with a guard rail at the bottom of a hill which ended with a three hour stay at the Royal Victoria Hospital while having X-rays and being otherwise checked out.

I was visited by three doctors in the Emergency, and after reviewing the X-rays of my right thumb, which I thought might be broken, the head M.D. proclaimed "there are no broken bones. Next week you will have more sore spots on your body than you have now. The worst thing that has happened is the blow to your pride."

He was right on all counts.

Coasting down the hill fairly fast, I saw the culvert and the sidewalk with the gravel against the edge too late. The front wheel wobbled. I was out of control, and one-tenth of a second later I was on my back, and my beloved Nishiki

was lying bruised and bent on the road. The car behind me stopped, and the driver put on his flashers. I was just able to get to my knees, and when he suggested an ambulance, I argued that I only wanted to go home although I felt dizzy. He even had my bike stowed in the trunk when a nearby housewife said she had phoned for an ambulance. My new-found friend seemed relieved about that.

I sat on the low guard rail waiting and thought - KKKrist, what a nuisance I'm making of myself! In a way it was like an old-time Andy Clyde or Charlie Chaplin movie. Sitting there trying to keep my cool, I felt another spasm of dizziness, and fell over backwards with my feet in the air. I had some trouble getting to my knees, and noticed that the ambulance had arrived. Off in the distance came the wail of another siren, and a police car arrived. There were a dozen people gathered by now and several cars. How famous can one get in a few minutes.

I felt contented when the ambulance crew buckled me on the stretcher. A police officer stowed the bike. I suggested he tell Dorothy I only had a cut thumb, and that was why I was going to the hospital. He did that, but she didn't feel any better when the bike in two pieces was deposited at the front door, and she was at the hospital within minutes of my arrival. By this time I was hooked up to an oxygen tank and to intravenous feeding. 'Just to be on the safe side', they said.

There are always questions. Even in an ambulance.

"Your medical card please, Mr. Cooke?"

That took a little stretching to get it out of my back pocket.

"Do you suffer from heart attacks sir?"

"No."

"How about fainting spells?"

"Not that either."

"Are you allergic to any drugs?"

"No, don't think so."

"Are you on any medication now?"

I shook my head on that one.

"Mr. Cooke, you seem to be in a cold sweat. Do you usually have cold sweats when riding the bike?"

"No, I was just stupid. I went down the hill too bloody fast, and hit the gravel."

"Then you don't have a heart problem?"

We'll give you some oxygen just to be on the safe side."

That morning I had done a stint as a volunteer guide at Craigdarroch Castle till 1:30 p.m. Then I decided to ride to Esquimalt to watch a competing group of navy, army and air force cadet bands. By 3:00 p.m. I was homeward bound via Admirals Rd. Then came the hill and disaster.

I was lucky. I had no broken bones, but two weeks later there are still aching bruises and a limp from a 'damaged' left heel. My thumb isn't too agile, but it's also improving. The bike is still in the shop where Peter Kabel kindly took it on Day Three. It will be ready next Monday. There's about \$70 worth of damage.

The medical treatment I received was tremendous. I got much more value than any money I pay into the system. Now I have to start getting back into shape again for the Kootenay trip.

My punishment is that I have to stand in a corner for ten minutes every day, and then write 100 lines: "I will not go down hills fast on my bike."

---

#### BOOK REVIEW by Bob Douglas

I'd like to publicly thank Frank McCall for suggesting the best human-interest book I've read in many years: "Miles from Nowhere" by Barbara Savage.

Do yourself a favour and share the hazards, hardships, ecstasies, generousities and kindnesses encountered by a young couple on a two year round-the-world cycling adventure.

---

#### CORRESPONDENCE

From: Bev Dulis, 1509 17th Street,  
Bellingham, WA 98225, USA.

Dear Folks,

I am interested in biking from Vancouver to Edmonton this summer. I would like to know if you can help me with such a trip, with an existing trip that you are sponsoring, by helping me make contact with other riders who might be planning something similar, or by pointing me towards some good guide books, Thank you very much. Sincerely, Bev Dulis.

#### WELCOME TO OUR NEW MEMBERS

Seymour Adelman (514) 766-2458  
209 - 700 DeGaspe  
Verdun, P.Q. H3E 1H2

Roy Anderson  
Box 481  
Hot Springs, Montana 59845

Val Gillespie 727-6449  
637 Baltic Place  
Victoria, B.C. V8Z 2B2

Donna Home 936-5362  
878 Runnymede Avenue  
Coquitlam, B.C. V3J 2V2

Kaye Oppio (702) 825-9517  
412 Smithridge Place  
Reno, Nevada 89502

Ian Polley 263-8798  
3308 West 38th Avenue  
Vancouver, B.C. V6N 2X7

---

#### EASY RIDING

The following was included in the booklet on cycling tips which was given to the participants at the start of the 1984 Australia - New Zealand Tour:

1. Relaxing on a Bike: During the telecast of the 1981 Iron Man Triathlon, a commentator remarked about the fluid movement of veteran cyclist John Howard, the eventual winner. That day, Howard was a study in proper bike position and fit. Howard didn't fight the handlebars or grip them tightly, a failing of many new cyclists: he "laid" on them with his hands not glued to the handlebar drops but moving around the bars, looking for comfortable positions and rest for his body. Now, you probably won't generate Howard's power but you can learn how to relax on your bike, letting as much energy as possible be translated into turning the wheels. (To be continued).

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DOCTOR: You're going to live to be eighty.

PATIENT: I AM eighty!

DOCTOR: What did I tell you?

THE CROSS CANADA CYCLE TOUR SOCIETY

1989 TOURS & TRIPS

June 1989

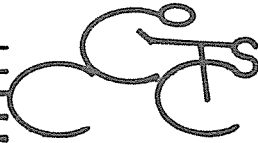
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April	South Africa	John Peck/Dennis Parsons	Completed.
May 10	Bowen Island	Leo Comeau	Completed.
May 15-18	Whistler Trip	Ernie Addicott 922-0335	Postponed till Fall.
May 29	Coquitlam - Haney - Whonnock	Leo Comeau 939-0392 Doc Watson 477-0476	Completed.
June 1 - June 15	Dempster Highway Dawson City to Inuvik	John Peck 536-0197 Chuck Dick 261-5092	Completed.
June 21 - July 3	North Okanagan - Kootenay Loop	Ron France 545-5544 Dennis Parsons 383-2028	In progress.
July 6 - July 12	Chilliwack Valley	Leo Comeau 939-0392 Dennis Parsons 383-2028	Cost \$80. For details see May Newsbrief.
July 24 - August 4	San Juan Islands	Bob Douglas 435-3893	Cost \$150. Deadline for payment July 1st. For details see page 1.
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October 17 - 19	Gabriola Island	Dennis Parsons 383-2028 Ella Laramie 274-9535	

VANCOUVER WEEKLY TRIPS

- Sundays: Meet at 10:00 a.m. at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). For information contact: Marten McCready 736-4980 or Albert Manser 464-4981.
- Sundays: Meet at 10:30 a.m. at Robson and Chilco Streets in West End of Vancouver. For information contact: Ernie Addicott 922-0335.
- Tuesdays: Meet at 10:00 a.m. at Ladner Community Centre. For information contact: Al Hollinger 946-1347.
- Thursdays: Meet at 11:00 a.m. at Ladner Community Centre. For information contact: Bob Douglas 435-3893 or Frank McCall 734-8587.

VICTORIA WEEKLY TRIPS

- Sundays: Meet at 10:00 a.m. at Burnside and Tillicum. For information contact: Doc Watson 477-0476.
- Wednesdays: Meet at 10:00 a.m. at Quadra and Pat Bay Highway. For information contact: Doc Watson 477-0476.



# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 6 NO. 8

August 1989

OFFICE & MAILING ADDRESS: #101 - 1367 W. Broadway, Vancouver, B.C. V6H 4A9

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists.

President	
Leo Comeau	939-0392
Vice-President	
Dennis Parsons	383-2028
Treasurer	
Bob Douglas	435-3893
Secretary	
Eila Taylor	
Office Manager	
Elizabeth Bush	733-2533
Newsbrief Editor	
John Philip	734-1398

## NOMINATIONS FOR ELECTION OF DIRECTORS

The directors of the society are now inviting the nomination of members for election to the 1990 board of directors. The election takes place at the Annual General Meeting on Saturday, Nov. 25th.

All nominations must be accompanied by a resume, no more than 50 words long, describing the qualifications of the person being nominated. The resumes must be submitted by October 1st for publication in the October Newsbrief. Nominations can be submitted by any society member, but permission of the nominee must be obtained. Send nominations to Leo Comeau, Cross Canada Cycle Tour Society, #101 - 1367 W. Broadway, Vancouver, B.C. V6H 4A9.

Nominations will also be accepted from the floor at the Annual General Meeting, but nominees will be expected to read a brief resume to the meeting.

This is the second time this notice has appeared in the Newsbrief. There will be no Newsbrief published in September.

## GABRIOLA ISLAND TOUR

October 17, 18 and 19, 1989

Co-ordinators:

Dennis Parsons (Victoria) 383-2028  
Ella Laramee (Vancouver) 274-5554

Itinerary: 7:00 am ferry from Tsawwassen to Swartz Bay on Vancouver Island, Brentwood Bay, Mill Bay, Duncan, Chemainus, Nanaimo, Gabriola Island and return.

Cost: \$36.00. Accommodation and two evening meals included. Make cheque payable to Cross Canada Cycle Tour Society, and send to Bob Douglas, 8325 Joffre Avenue, Burnaby, B.C. V5J 3L4.

Contact the co-ordinators for further details.

## SAN JUAN TOUR

My thanks to all participants for their help in making the trip go smoothly. Special mention is due to Leo, who arranged the vehicle and the insurance, loaded and unloaded at the warehouse, and did more than his share of chores around camp. Also to Ken Brothers for coffee breaks, the porridge, the tidy kitchen and the very generous use of his vehicle and equipment.

## THE 2ND ANNUAL SENIORS SUMMER GAMES

These games will be held in Trail this year from September 5th to 8th. The following CCCTS members are going from Vancouver Island to participate in various sports: Nanette Earl, Bill Powell, Connie Shaw, Molly Shepherd, George and Margaret Whitford.

- submitted by Bill Powell.

## SECRETARY

Eila Taylor, who volunteered to be our secretary, has been confirmed in that position by the directors, and she has also been appointed a director.

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## PROPOSED 1990 TOURS

### KENYA

February

Co-ordinator: Marion Orser 737-8483

See below for more details.

### MAUI - WAIKIKI BEACH TOUR

March 17 to April 7, 1990

Co-ordinator: Bill Powell 388-6392

Preparations are going well. A meeting of participants will be held on November 25th after the AGM to discuss the trip. The cost is \$1450. with a deposit of \$100.

### CROSS CANADA

June, July, August

Co-ordinators: Al & Diana Lifton

Victoria, B.C. to St. John's, Nfld.

### CASCADE LOOP

10 or 12 days in August.

Co-ordinator: John Philip 734-1398

### TOUR DE FRANCE

August

Co-ordinator: Ernie Addicott 922-0335

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## KENYA TOUR - February 1990

Members of the Kenya National Cycling Team and the Wildlife Association of Kenya are organizing some fabulous off-the-track adventures. A special tour to Kenya is being offered to 15 members of the Vancouver Bicycle Club and the Cross Canada Cycle Tour Society at a reduced rate. The 3 or 4 week tour will leave Vancouver on February 8th and cost \$4000-5000, including air fare.

We will be riding through back villages, camping as well as staying in local tour hotels. Safari vehicles will take us

into MASAI MARA SAMBURU GAME RESERVE to enjoy the wildlife. We will visit a camp called WAJEE where we will be honored guests of a local village and enjoy evening storytelling by the chief and elders of the tribe. Also, spelunking (caving) at SUSWA caves, climbing Mount Longonot, exploring the historical MAUMAU caves at Mount Kenya and much, much more.

Contact Marion Orser 737-8483 for more information.

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## SOUTH AFRICAN TOUR by John Peck

There have been descriptions of the South African Tour already, so why have another one? Perhaps we need one for the record. It may be useful in planning another such tour.

There were twenty-five on this tour, twenty-three of whom were cyclists. The cost per participant was just over \$4000, including airfares. We were six weeks away from home, most of us. We flew via Amsterdam to Johannesburg, where we spent a night. Then we flew to Cape Town, and assembled our bikes. There we met Bruce Dunn and Jean McHill of Abracadabra Cycle Tours who were to look after us. The cycle tour took us essentially from Cape Town to Johannesburg, after which we visited the Victoria Falls in Zimbabwe, and Chobe Game Reserve in Botswana. We flew home from Johannesburg.

Abracadabra Tours provided us with several vehicles, two Volkswagen Combis seating nine each, a truck with seats in the back holding another nine, a caravan complete with cooking equipment, refrigerator and freezer, and a trailer for some of the baggage. When camping, a set of portable tables with chairs was set up for our meals. While we were cycling only two drivers were needed, since the two Volkswagens were hitched together, and the caravan and trailer were both hitched behind the truck. When we were being transported another driver was needed.

On the top of the trailer was a framework, on which the bicycles could be mounted. There was another such framework in front of the cab of the truck. Most of the twenty-three bicycles could be carried this way, while the few that remained were hoisted onto conventional carriers, or on the roof of one vehicle.

The bicycles were secured with toe straps, a quick and convenient method. It was quite a load while we were being transported, and we could not travel fast.

We were transported on three occasions: first, from Port Elizabeth, in the Eastern Cape Province, to Port Shepstone, in Natal, passing through the Republic of the Transkei; second, from the Natal National Park to Waterval Boven in the Eastern Transvaal; and third, from Sabie back to Johannesburg, via Tzaneen. For all the rest we rode bicycles, at least most of us did, though the temptation to be transported was great. The total cycling distance estimated was 1500 km, although there were reports that it was closer to 1800 km. The cycling was accomplished in twenty-four cycling days, plus four rest days. For the remainder of the time we were ordinary tourists.

We visited several game reserves: Addo Elephant Park, Umfolosi Game Reserve, Kruger National Park and Chobe Park. A wide variety of animals was seen.

In many cities and towns we were received by the Mayor, or some other representative. For the record, these were: Wellington, Paarl, Kleinmond, George, Knysna, Jeffrey's Bay, Grahamstown, East London, Port Shepstone, Amanzimtoti, Durban, Howick, Ermelo and Sabie. Some of these were for a meal, others for a snack, but always with friendliness. On these occasions we were happy to meet local cyclists. Pictures of us appeared in the newspapers of East London, Amanzimtoti, Durban, Howick and possibly others. In several cities and in the Province of Natal, we were provided with a friendly police escort.

Road conditions were generally excellent. Although we were sometimes prohibited from cycling on throughways, even minor roads had two metre shoulders, making cycling comfortable. Occasionally we ran into older roads with no such shoulder, but then the traffic was lighter. On the open road in South Africa the speed limit is 120 km/hr, so we had to watch the traffic carefully.

One disappointment was that, on a rest day in the Natal National Park, it rained all day, so we were unable to see the grand mountains for which it is well known. In general the weather treated us

well, although we do remember riding in the rain all day ending up at the Tsitsikamma Park, on the Garden Route. However this rain was warm, so it was not unpleasant, until we arrived and began to cool off.

Camping sites in South Africa are generally well provided. At almost all of them we enjoyed hot showers or baths, and at many there were chalets which could be rented, if necessary. Most of the campsites we used were run by a Parks Department or by a city.

Contrary to reports which may have appeared elsewhere, Bruce and Jean looked after us well. They did all the shopping for food, cooked excellent meals, chased after lost cyclists, and constantly remained cheerful, even though there stressful moments. Their only fault was an inability to be on time, and this caused momentary friction. The vehicles were not modern but were adequate.

Many participants were at first apprehensive about cycling in South Africa, but as the tour progressed, this apprehension disappeared. In all it was an enjoyable tour, and is one that could be repeated some time in the future.

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#### SOUTH AFRICAN TOUR by Robert Helms

Like most Canadians I almost pretended that South Africa did not exist, and when it was suggested that we should cycle there my first reaction was: you must be kidding, who in their right mind would want to go there.

Fortunately, we decided to ignore the gloom and doom rumours and signed up for the trip. It turned out to be a pleasant surprise. I am thankful to the organizers of this tour, otherwise I would still think of South Africa as just another spot on the map.

As expected we saw discrimination. Some cities maintained separate administration for blacks, which meant extra expense for two of everything, where one would have been sufficient. Some beaches and toilets were for whites only. We also saw much inferior housing for non-whites, but we realized how misinformed we had been regarding the changes that are taking place there right now.

The first night there, we stayed at the

Karos Johannesburger Hotel, part of a fairly large South African hotel chain. Both the rooms and the restaurant, which served excellent meals, were fully integrated. Durban, the only city in which we used public transportation, was also integrated, and so was the hospital, where one of our members had the misfortune to spend a night with food poisoning. The Natal police force, which always escorted us when we cycled in that province, had black people in uniform, and they told us the pay was the same for all. Their prisons also had no discrimination.

We had the good luck to be entertained by city councils and local people most of the days we were on the road. They served generous meals, teas, lunches, dinners, lamb on the spit, barbecues with plenty of wine and fruit juices, and invariably the conversation turned to politics. After six weeks of talking to people and reading the newspapers I began to realize how little we actually know about today's South Africa.

For instance, apartheid is disappearing, and it is the white population rather than the blacks who are facing an uncertain future. The 75 percent of the white population, who are prepared to share power, feel that they are walking a tightrope between the extremists on both sides. They also feel a desperate need to know what will happen to them after all the non-whites are given the vote, and the power to strip them of their property if they so desire. They feel that their tax burden is becoming prohibitive, and the only alternative is to give the black population high enough wages to pay for their own education, health and welfare.

The other 25 percent, who will resist any concessions to the blacks, are waiting for armageddon, and quietly polishing their guns in the sun. They see no safety or security after liberation, and they send their daughters abroad to marry a foreign passport.

The pros and cons of apartheid are freely discussed in the newspapers. According to one reporter, who was away from South Africa for twenty months, the nation has become black while he was gone. The blacks, who used to be kept out of sight in distant homelands, mine compounds and dormitory townships, are now swarming in, over and around the barri-

ades of apartheid. The group area act is largely being ignored. In Johannesburg, which has become African, giving it something of a third world look, blacks account for 80 percent of the central city trade.

They write that black education is the growth area of the future for publishers, since last year for the first time there were more blacks than whites graduating from high school, and in one generation black university enrolment has gone from 2,000 to 65,000. Time is on the side of the non-whites. Black labour unions, who are building power from the bottom up, saw their membership go from 3 to 30 percent of the labour force in seventeen years. Why should the moderate black worker hate the majority of the whites who want to cooperate? However politics is about power, and the white extremists are not yet ready to throw in the towel.

Cycling along the highway, we observed that the non-whites have become indispensable to the economy. They dominate outside manual work, both unskilled and skilled.

Back home in Canada our friends think we have been wined and dined too well by those white mayors and aldermen when we report our impressions. Of course we were treated well, but that does not alter the fact that the majority of people there, regardless of colour, live in some sort of harmony, not too different to the way rich and poor co-exist in North America.

We ought not to forget that the South African situation is unique. Where else in history have five million white people been expected to hand over a well managed modern industrialised system to fellow citizens, who just happen to be poor, black and inexperienced.

Would you and I be so eager to promote democracy, if we knew that the next election could disposses us of our property without compensation? If no, we should let the South Africans deal with their own fate, which they know better than anyone else that they cannot escape.

We can only hope that there will be enough time to sort out the racial conflicts, because South Africa is a beautiful country. Nearly everywhere we went during April and May we found a pleasant climate with a vegetation that was varied and colourful. There seemed to be enough



ocean frontage for everyone who would want a view over the sea, and there was an abundance of sandy beaches such as Muizenberg, Strand and Durban. The road system was good, especially for auto traffic. The cyclists get stuck with more mountains, since they are not allowed onto the newer highways. The cities and towns were nearly all bright, clean and spacious looking with wide streets dating back to the days when teams of oxen had to be able to turn in them.

Their agriculture appeared to be in good shape, but rather specialized. During the first week, when close to Cape Town, we saw mostly vineyards, and later there were dairy farms and beef ranching with a sprinkling of ostrich farms. In Natal it was sugar cane in the coastal areas, north of there we encountered the poultry industry and further north it was corn. In the Transvaal there was a large forest complex and fruit orchards. We cycled through large arid areas like the Okanagan, which looked as if they could be better utilised with more water.

There is an abundance of animal parks, where we were only allowed to travel in vehicles, and accommodation in Kruger Park must be booked a year in advance.

Just as well that nothing is perfect, otherwise we would never have come home. Bruce Dunn, our chief caterer-driver, wasn't accustomed to going by the clock, and we often had to drive too fast, and still we were usually too late. Both he and his helper Jean were very pleasant. In his own way he was much concerned with our welfare. After a while we managed to get him out of bed early in the mornings, but supertime remained from 7:30 to 10:00 p.m. He learned to cook oatmeal, and he was excellent at barbecuing and opening cans. His favourite remedy for upset stomachs was coca-cola.

Financially the tour was a bargain, since only one third of the money went to pay for the time we spent on the ground. The hotels and chalets we stayed at were good.

To sum up, our newsmedia, our government and the United Nations need to have a good look at their news sources inside South Africa, and it seems a pity so many of our churches do not bother to investigate before they jump on the boycott bandwagon.

## MEMORIES OF THE DEMPSTER (Continued)

To the tune of:

### The Great American Railway

At kilo marker # one  
Our arctic odyssey had begun  
Along the Dempster Highway.

Chorus:

Up and down the hills we go  
Thru' rain & sun our faces aglow  
North of the Arctic Circle.

At kilo # seventy-two  
The wind was cold but the sky was blue  
Along the Dempster Highway.

At kilo # eighty-three  
Our spirits were high  
and our souls were free  
Along the Dempster Highway.

At kilo # one-o-four  
Our wrists were tired  
and our bums were sore  
Along the Dempster Highway.

At kilo # two-o-five  
We found ourselves more dead than alive  
Along the Dempster Highway.

At kilo # two-o-six  
Our kneecaps felt like broken sticks  
Along the Dempster Highway.

At kilo # two-five-seven  
Rain poured down from a cloudy heaven  
Along the Dempster Highway.

At kilo # three-o-eight  
The sun came out and we felt just great  
Along the Dempster Highway.

At kilo # three-five-nine  
We lurched our way up a steep incline  
Along the Dempster Highway.

At kilo # four hundred & ten  
We ain't been so fit since we don't  
know when  
Along the Dempster Highway.

Soon after kilo seven hundred & thirty  
We made Inuvik tired and dirty  
Along the Dempster Highway.

- Wally Griffiths

THE CROSS CANADA CYCLE TOUR SOCIETY

1989 TOURS & TRIPS

August 1989

<u>DATES</u>	<u>TOUR</u>	<u>CONTACTS</u>	<u>REMARKS</u>
January	Cuba	John Cameron	Completed.
April	South Africa	John Peck/Dennis Parsons	Completed.
May 10	Bowen Island	Leo Comeau	Completed.
May 15-18	Whistler Trip	Ernie Addicott 922-0335	Postponed till Fall.
May 29	Coquitlam - Haney - Whonnock	Leo Comeau Doc Watson	Completed.
June 1 - June 15	Dempster Highway Dawson City to Inuvik	John Peck Chuck Dick	Completed.
June 21 - July 3	North Okanagan - Kootenay Loop	Ron France Dennis Parsons	Completed.
July 6 - July 12	Chilliwack Valley	Leo Comeau Dennis Parsons	Cancelled.
July 24 - August 4	San Juan Islands	Bob Douglas	Completed.
August 15 - 17	Hurricane Ridge	Dennis Parsons 383-2028	For details see page 1 of June Newsbrief.
August 22 - Sept. 25	Oregon-California Coast	John Philip 734-1398	Vancouver to Santa Barbara. Trip full.
October 17 - 19	Gabriola Island	Dennis Parsons 383-2028 Ella Laramee 274-5554	For details see page 1 of this Newsbrief.

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Secretary	
Eila Taylor	266-5324
Office Manager	
Elizabeth Bush	733-2533
Newsbrief Editor	
John Philip	734-1398

ANNUAL BANQUET

The annual banquet will also be held on Wednesday, November 22nd at Kinsmen House in Ladner starting at 5:00 PM.

The program will be as follows:

5:00 to 6:00	Happy hour bar service
6:00 to 8:00	Dinner
8:00 to 12:00	Music and dancing
	Presentation of certificates

Tickets for the banquet cost \$16.00 and must be purchased before November 15th. Send cheques (payable to The Cross Canada Cycle Tour Society) to Bob Douglas, 8325 Joffre Avenue, Burnaby, B.C. V5J 3L4.

ANNUAL GENERAL MEETING

The A.G.M. will be held on Wednesday, November 22nd from 10:00 AM to 1:00 PM at Kinsmen House, 5050 - 47th Avenue, Ladner (opposite the library).

The agenda for the meeting will be available at the door when you register.

Elections for the 1990 board of directors will take place at the meeting. The names and resumes of those members who have been nominated to stand for election in response to the requests in the July and August issues of the Newsbrief are given below. A total of 15 directors can be elected.

Nominations will also be accepted from the floor at the A.G.M. to add to this list. Please be sure that the person you nominate has agreed to run before you put his or her name forward. Members thus nominated will be expected to give a brief resume to the meeting.

Officers will be elected at the first director's meeting after the A.G.M.

NOMINATIONS FOR ELECTION OF DIRECTORS

The following members have been nominated to stand as directors of the society in the upcoming election to be held at the Annual General Meeting on Wednesday, November 22nd.

\*Indicates current directors.

\*LEO COMEAU - Was actively involved with several community groups. Member of CCCTS since 1984. Appointed a director while on the Australia/New Zealand tour. Was re-elected as a director in 1985, and became President in 1988 and 1989. Has organized several trips. He designed and built two valuable items for our tours - the cooking shelter and the truck shelving.

LYNN DICK - Member of CCCTS since 1985. Participant in club tours in China in 1987, and on the Dempster Highway in 1989. Has been on cycling tours with her husband Chuck in Mexico and New Zealand.

MARTINE DONAHUE - Retired airline booking clerk and translator. Has extensive knowledge of travel business. Fluent in English, French and Spanish. Member of CCCTS since 1987. Participant in club tours in Sunshine Coast, Okanagan (twice), and San Juan Islands in 1988, and South Africa, Kootenay Loop, San Juan and California in 1989.

\*BOB DOUGLAS - Registered industrial accountant (R.I.A.). Director and Treasurer of CCCTS since the club's founding in 1982. Has organized several tours, participated in others and supported cycling through membership in the B.A.B.C. and the Vancouver Bicycle Club. Bob considers the Society a worthy cause, and is pleased to participate.

\*JOSH FITCH - Retired chemical engineer & industrial relations advisor with 40 years management experience. Was director of many professional, community and sports organizations. Currently a director and enthusiastic member of CCCTS. Riding with Tuesday, Thursday and Sunday groups. Completed San Juan and California tours this year. Will try to serve best interests of membership.

EVA FOLK - Member of CCCTS since 1983. Participant in many club tours including part of Cross Canada in 1983, 2nd Cross Canada in 1986, B.C. in 1987, Sunshine Coast, Okanagan (twice), and San Juan Islands in 1988 and Cuba, Dempster, Kootenay, and California in 1989. Frequent contributor to the Newsbrief.

\*MARTEN McCREADY - Retired high school teacher. Member of CCCTS since 1982 and a participant of most major club tours. A director since 1983. Tour co-ordinator of Jasper to Vancouver tour in 1985. Tour co-ordinator of Cross Canada tour in 1986. President of Society for 1986 and 1987.

\*JOHN PECK - Member of CCCTS since 1986. Director in 1989. Participated in China, Arizona, South Africa, Dempster Highway and California tours, plus other tours in B.C. An organizer of the South African tour and the Dempster Highway tour both in 1989. Regular contributor of articles to the Newsbrief.

\*JOHN PHILIP - Member of CCCTS since 1984. Participant in 1984 Australian tour. Director and Editor of the Newsbrief in 1988 and 1989. Organizer of Vancouver to California tours in 1986 and 1989, and tour to Grand Canyon in 1988. Future plans include two short tours in 1990, and a longer tour in 1991.

\*BILL POWELL - Member of CCCTS since 1984. Director in 1988 and 1989. Has been responsible for many new members joining the Society. Participates in many of our domestic and foreign tours. Organized very successful trips in 1985, 1986, 1987 and 1988, and now planning a 3 week Hawaii-Maui tour in 1990.

TED STUBBS - Member of CCCTS since 1986. Regular participant on Vancouver area Sunday and Thursday rides. Participated in 1986 California tour, and this year's Dempster Highway tour. Organizer of ski trips for North Shore Hikers, and their representative to the Federation of Mountain clubs of B.C. Past-President of South Vancouver Kiwanis Club.

\*EILA TAYLOR - Volunteered in 1989 to be CCCTS Secretary to take the minutes at the director's meetings. Was appointed as a director at the same time. Completed Vancouver to California tour this year.

ROY TOWLER - Member of CCCTS since 1983. Has participated in club tours in Gaspe in 1985, Cross Canada in 1986, Grand Canyon in 1988 and Kootenay Loop in 1989. In 1987 he went on a six-week cycling tour in Britain with his wife Cecile.

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#### PRESIDENT'S CORNER

A big hi to all on my return after a few month's absence from the Newsbrief. It wasn't because I was idle, but different tours and other activities have kept me quite busy all summer. I went on the Dempster, Kootenay Loop, San Juan, Bowen Island and Whonnock trips this year and enjoyed them all.

Bob and I did a lot of planning for the Chilliwack Valley trip but it didn't attract many participants for various reasons, and we had to cancel it.

I also worked with Bob Douglas on get-

ting a casino licence for the club. This endeavour was successful as John Philip reports below. On behalf of the Society I want to thank our 24 volunteers who helped to make our casino nights a success.

What will we do with the money? We will report on this to you after the directors have decided what our priorities are.

Our sincere condolences to Roy Towler who lost his mother recently. We don't see you often Roy, but we are all with you in your time of sorrow.

One of our oldest and most well-known members is seriously ill in Lions Gate Hospital. Roy Booth has been out of hospital for only a few days since he went on the San Juan tour. We wish you a speedy recovery Roy, so that you and Dorothy can join us on one of our tours. Please keep us informed, and if you need any help don't hesitate to give me a call.

Reporting on a few accidents here and there: Rose Tanchak broke her collar bone on September 10th. She is recovering nicely. Stay just a little further behind Rose. We miss you on the bike rides.

I should talk. I had a bad spill from a crumpled front wheel, and since I can't fly, guess what happened. Well I'm back in the saddle again and watching for bumps on the road.

See you all at the Annual General Meeting and at the Banquet. God bless.

- Leo

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### CASINO NIGHTS by John Philip

As an organization with a charitable purpose we applied earlier in the year to the B.C. Gaming Commission for a licence to run a Casino in order to raise money to further some of our objectives.

On August 31st we received a licence to conduct a "casino type event" on October 7th and 8th, 1989 at Casino World in the Metro Centre Hotel in Burnaby.

We were required to provide volunteers who were to be responsible for the "cash flow and government-regulated paperwork" on both days from 5:30 PM in the evening to 3:00 AM the next morning, and as mentioned by Leo twenty-four of our members volunteered for this work.

The final result was that we obtained 50 percent of the proceeds which amounted to \$10,663.50.

Leo Comeau and Bob Douglas should be commended for all the work they put into bringing this project to a successful conclusion.

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### RENEWAL OF ANNUAL MEMBERSHIPS

You are reminded that annual membership fees of \$20.00 for singles and \$30.00 for couples fall due by November 1st. Please send cheque (payable to The Cross Canada Cycle Tour Society) to Bob Douglas, 8325 Joffre Ave. Burnaby, B.C. V5J 3L4., or bring your cheque to the A.G.M.

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### OREGON-CALIFORNIA COAST TOUR

by John Philip

This record of the statistics involved in the running of this year's tour along the Pacific coast from Vancouver to Santa Barbara in California might be of interest to some of our readers, and should be useful to organizers of a similar trip in the future.

The tour took 37 days from our departure on bicycles from Vancouver on August 22nd to our arrival back at the Vancouver bus depot on a chartered bus just after midnight on September 28th. This 37 days included 29 cycling days, 6 sightseeing or rest days, and 2 days spent on the bus on the return trip from Santa Barbara.

The total biking distance to Santa Barbara was 1530 miles or 2460 kilometres giving an average distance per cycling day of 53 miles or 85 kilometres. The longest distance travelled was on the final day when we cycled 76 miles from the Sand & Surf Campground in Oceano to El Capitan State Park - the nearest tenting campground to Santa Barbara. The shortest ride was the 21 miles from the S.P. Taylor State Park near Olema to the Fireside Motel in Mill Valley.

We stayed at a motel in Mill Valley in order to get as close as possible to San Francisco. The motel was located near Sausalito about 5 miles north of the Golden Gate Bridge. The day after our arrival in Mill Valley was a rest day, and we were able to go by bus from the motel into the city. The next day was a Sunday and it was early in the morning when we continued the trip, so there was

almost no traffic as we cycled across the Golden Gate Bridge and through the city.

This was the only time we stayed at a motel. Generally we camped - mostly at state parks or state beaches, but we also stayed four times at private campgrounds, once at a municipal campground, and one other time at a forest service campground on the Big Sur. There were hot showers at every campground except two.

If this trip is ever repeated during the months of June, July or August it is recommended that campsite reservations be made several months in advance.

We had one vehicle on the trip - a one-ton truck with a 16 ft. long box. On the return trip we brought 30 bikes back in the truck in bike boxes which we had carried with us from Vancouver strapped to one wall inside the truck. Most of these boxes were large VIA Rail boxes, the others were smaller. On future trips more than 30 bikes could be brought back in the truck by using the smaller bike boxes only.

During the trip we were divided into 6 - 5 member cooking teams, and on the day a team was cooking it was their responsibility to drive the truck to the next campsite, and do the grocery shopping for the team on the way. Two people were in the truck - one to drive and the other to do the shopping with the driver's assistance. There was a third seat in front of the truck for those who needed it. No one person was in the truck either driving or buying groceries more than two or three times during the trip. This system worked well. It is recommended for future trips.

Two people were appointed to "look after the back of the truck". Their duties involved keeping a tidy truck, and every morning they made a shopping list of staples such as sugar, bread, cereals, jam, etc. to ensure that those items were always available in the truck. The cooking team made their own shopping list for the evening meal.

A Greyhound bus was chartered through a Vancouver travel agent for the return trip. As mentioned previously the trip from Santa Barbara to Vancouver took two days with one overnight stop at Redding in Northern California. We brought all our personal luggage back in the bus. On the trip home we enjoyed the chance to wind down in the relaxed atmosphere of

the bus, and we also enjoyed the stops along the way at McDonald's and other fine restaurants. Another plus was the almost door to door service provided by the bus. The truck was driven back to Vancouver in two days by two of our members. They were also able to overnight in the motel in Redding, and they arrived back in Vancouver before the bus. We all picked up our bikes the next day at the storage warehouse in Vancouver.

This was the second time Dorothy and I have done this trip, and a comparison of the weather which we experienced both times might be useful for future trips. The 1986 trip ran from May 12th to June 14th, and this one from August 22nd to September 24th. We chose those times of the year to avoid the busy tourist months of July and August.

In 1986 we had about six days of rain during the first two weeks of the trip, and warm sunny weather with no fog during the last three weeks. Whereas this year once we got to the coast we had a cold damp fog in the morning which generally burned off by mid-morning. It rained twice during the five weeks. Taking the vagaries of the coastal climate into account the best time of year to do this trip is probably the month of June, if you want to combine the chance of fairly good weather with a lesser amount of traffic on the roads.

The tour cost was just under \$500. including the return bus fare. This was less than expected due mainly to the use of campsites in the state parks rather than private campgrounds.

It was a pleasure for me to organize and direct this trip, and I am relieved that all went reasonably well. I would like to thank all the participants for being such a happy relaxed group. In particular I want to thank the following members of the trip: our treasurer Bob Douglas for doing his usual superlative job of looking after our trip finances, our quartermaster Albert Manser for looking after the back of the truck, our end-man Dennis Parsons for bringing up the rear, our cooking team leaders Freda Scorch, Eva Folk, Bernice Gregory, Elizabeth Bush, Grethe Winckler and Dorothy Philip for providing such wonderful meals ably helped I know by the un-sung heroes who wielded the potato peelers and washed

the pots, and finally Marten McCready and Richard Lebek for driving the truck on the return trip to Vancouver.

Thirty-three club members came on this trip. They were Elizabeth (Buffy) Bush, John Cameron, Ian Cassie, Garfield Clack, Martine Donahue, Bob Douglas, Josh Fitch, Eva Folk, Bernice Gregory, Ken Hanna, Anne Ives, Andre Kaufmann, Frieda Kaufmann, Maria Kost-Smit, Richard Lebek, Roy Makepeace, Marten McCready, Albert Manser, Dennis Parsons, John Peck, John Philip, Dorothy Philip, Marian Porter, Dennis Scorch, Freda Scorch, Eila Taylor, Roy Towler, Ray Wilkinson, Kathy Wilkinson, Dennis (Ralph) Wilson, Faye Wilson, Tage Winckler and Grethe Winckler.

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#### THE 2ND ANNUAL B.C. SENIOR GAMES

September 5 to 8, 1989

by Bill Powell

After the terrible weather of August at the coast, we headed for Trail on September 4th to be greeted by the warmth of the Trail summer (85 degrees every day), and the hospitality of the residents of the city and district, and the Games committees.

Margaret Whitford represented Zone 2 (North Vancouver Island) in swimming and she picked up two bronze medals: one in the 400 metre free-style, and the other in the 100 metre relay free-style. Nan Earl, who was Zone 2 representative in table tennis, won a bronze medal in the ladies doubles event. Table tennis was said by many to be very competitive.

Bicycling was also an extremely difficult event in the men's division. What you all told me in the club that "mountain bikes are slower" certainly proved true. Everybody laughed at me up against what looked like professionals riding state of the art racing bikes with such things as discs to stop the air getting in their spokes.

After the first time trial race of 7 miles one guy had pity on me and loaned me a slick (tire) for the front wheel; we could not get the back one on; and that helped a bit in the 40 mile race.

Jack Hook (Zone 6) and I found the vicious head winds and the competition too much, however we had fun and completed the course. When I found Gino and

Renato (fellow participants of the 1984 Australian tour) along the way I stopped for a slug of wine, and actually threw away my water bottle.

Club members did well in other Zone 1 (Victoria) events.

Mario Lovricic won a gold medal in the under 65 track relay race, and a silver medal in the 1500 metres. Also in under 65 track competition Connie Shaw won gold medals in the 1500 metres, the 10 kilometres, and the 4X400 metre relay race. Both Connie and Mario have been competing for years in Victoria triathalons.

Sonja Joos won three gold medals in the under 65 bicycling, and Charlie Watson, big brother of Doc Watson, won two gold and one silver medal in the over 65 bicycling.

For all the people who went to Africa and wondered why Molly Shepherd wasn't cycling, she told me that she was a bit afraid of having an accident before the senior games, but is now biking. Well it sure paid off. Molly was the star of the games winning four gold medals in 65 and over swimming events, and breaking last year's record of three golds by a man.

Talking about stars - Jody Andrews was highly acclaimed as the star in a Zone 1 play called "Second Wind", a variety dance story, directed to a gold medal by Silva Gamble. This was a forty minute one act play written by Jody and her fellow actors.

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#### OFFICE MOVE

We have moved our office to the 2nd floor of the Sport B.C. building at 1367 West Broadway, so our office and mailing addresses are now the same.

As yet we don't have a telephone, but we hope to be able to correct that situation in the near future, and we should be able to give you our new telephone number in the next Newsbrief.

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#### CORRESPONDENCE

From: Monty Maundrell,

I feel Bob Helms should get written credit for his fine article in the last Newsbrief. It could not have been improved. I was there, I know.

FINAL DIRECTOR'S MEETING

The final director's meeting before the A.G.M. will be held on Thursday, November 16th at 11:00 AM at the Ladner Library.

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WELCOME TO OUR NEW MEMBERS

Hinda Avery 222-4491  
4528 West 13th Avenue  
Vancouver, B.C. V6R 2V4

Alan & Cecilia Cogan 597-0487  
39 - 11880 82nd Avenue  
Delta, B.C. V4C 8C7

Theresa Green 874-4187  
349 Midlothian Avenue  
Vancouver, B.C. V5Y 2M1

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PROPOSED 1990 TOURS

KENYA

February  
Co-ordinator: Marion Orser 737-8483

Marion now has the itinerary and the exact cost for this tour. Phone or write her at #12 - 2310 Cornwall St. Vancouver, B.C. V6K 1V7 for more information.

MAUI - WAIKIKI BEACH TOUR

March 17 to April 7  
Co-ordinator: Bill Powell 388-6392

Preparations are going well. A meeting of participants will be held on November 22nd after the Annual General Meeting to discuss the trip. The cost is \$1450. with a deposit of \$100.

ARIZONA

March 18 to 31  
Co-ordinator: Bernice Gregory

Bernice will organize an Arizona tour using motel accommodation if enough members are interested. The itinerary will be different from the one we followed on the 1988 tour. Motel bookings will be based on pre-arranged groups of two or four in a room. If interested phone John Philip at 734-1398, or write him at 2326 West 19th Ave., Vancouver, B.C. V6L 1C6.

CROSS CANADA

June 1 to August 31 (tentative)  
Co-ordinators: Al & Diana Lifton  
468-7691 Condo 408

Committee members:  
Leo Comeau 939-0392  
Martine Donahue 689-2743  
Josh Fitch 261-2186  
Dennis Parsons 383-2028

Planning is underway. Alternate routes are being considered. Members can expect a full report at the Annual General Meeting on November 22nd. An indication of interest and suggestions regarding preferences are welcome.

CASCADE LOOP

12 days in August.  
Co-ordinator: John Philip 734-1398

TOUR DE FRANCE

August  
Co-ordinator: Ernie Addicott 922-0335

Phone Ernie or write to him at 627 Duchess Avenue, West Vancouver, B.C. V7T 1G6 if you are interested in this tour.

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VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10:00 AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). For information contact Marten McCready 736-4980.

Tuesdays: Meet at 10:00 AM at Community Centre in Ladner. For information contact Al Hollinger 946-1347.

Thursdays: Meet at 11:00 AM at Community Centre in Ladner. For information contact Bob Douglas 435-3893 or Frank McCall 734-8587.

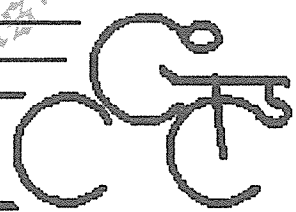
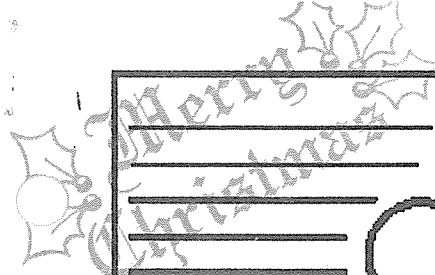
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VICTORIA WEEKLY TRIPS

Sundays: Meet at 10:00 AM at Burnside & Tillicum. For information contact Dennis Parsons 383-2028.

Wednesdays: Meet at 10:00 AM at Quadra & Pat Bay Highway. For information contact Dennis Parsons 383-2028.





# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 6 NO. 10

November - December 1989

Address: #315 - 1367 W. Broadway, Vancouver, B.C. V6H 4A9

Telephone: 737-3112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreation cyclists.

President	
John Philip	734-1398
Vice-President	
and Newsbrief Editor	
John Peck	536-0197
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	266-5324
Membership Secretary	
Lynn Dick	261-5092

Next year's calendar hasn't been completed yet, so I want to dwell on one tour that should be the most important one for 1990. This tour across Canada will repeat the one that was the reason for the incorporation of the Society in the first place.

This will be our third tour across Canada. Former directors Diana and Al Lifton are the co-ordinators, and already they have done a lot of work. Your response hasn't been spectacular so far, but there is more than five months to go, and I'm sure that the number of participants will increase after the new year.

I urge every member to think this over seriously and make this tour your bicycling trip of a lifetime. What a way to see your country!

To all members and non-members who are beginners, or who are not too familiar with biking, we now have the resources necessary to give courses in taking care of your bike, and in taking part in long distance tours. This is very important, and these courses should be taken at least 3 to 4 months before the trip.

So let's not wait. Get your name in there early, and we will do everything we can to help you. Just call the office at 737-3112 or myself at 939-0392.

All information will be directed to Al and Diana in Nanoose Bay. Many thanks to them and the others who are helping them.

## PRESIDENT'S CORNER

As the year draws to a close, it's good to look back and take stock of our achievements and recognize those who have helped us. Some of you heard our reports at the AGM, but for those members who weren't there, I will give you a summary of our activities.

First of all the 1989 touring calendar was published through the work of Dennis Parsons and the tour co-ordinators. Many thanks to Dennis and his co-ordinators, who dedicated themselves to organizing the 1989 tours.

The South African and Californian tours were the highlights of this year; let's make the Cross Canada Tour the highlight of 1990.

I take this opportunity to thank all the directors who served on the board in 1989. We accomplished a lot, and when difficulties arose, we solved them without recriminations.

Due to Elizabeth Bush and Ella Laramée we had a very successful picnic on August 10th, and Dennis Parsons had the very good idea that we should hold a swap meet at the same time. I hope we will repeat that next year. Thanks to all of you.

Through our co-operative endeavour we applied for and received a licence to have a Casino night. This we did, and we were fortunate enough to make \$10,633 for the club. We have started to spend this money in accordance with the budget we had presented to the Gaming Commission.

We have a new office in partnership with the Bicycling Association of B.C. We have bought a computer and other office furniture. Everything should be functional by the end of the year thanks to the Office Equipment Sub-committee comprising John Philip, Ella Taylor, Marten McCready and John Peck. Also thanks to Chuck Dick we were able to acquire desks and chairs for the office.

We have put aside \$2,400 to build a new cooking shelter, new shelving and a portable shower room. The rest of the money will be held in trust until other programs, such as the bicycling courses mentioned above, and other priorities arise. Now is the time for everyone to send us their ideas and help us promote cycling.

Many thanks to those members who, through their participation, made our club known in the past year. This year we ended up with over 200 members. Let's try for 250 in 1990.

The jerseys are still in the process of realization. Andre Kaufmann presented a design that was accepted at the AGM. We will pursue the matter further, and give you more information on this later.

As my term as President ends this year, I take the opportunity to thank you all for the support you have given me, and I hope to be of some help in the future. A special thanks to those members who came from far and near to attend our annual general meeting and banquet. It was great to reminisce, have a drink and cut the rug with friends.

In closing I wish you all a very Merry Christmas and a happy New Year, and may all your projects and dreams come through in the years to come. Bonne Chance. God Bless. - Leo.

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#### DIRECTORS FOR 1990

At our annual general meeting on November 22nd the following members were elected as directors of the society:

Leo Comeau, Lynn Dick, Martine Donahue, Bob Douglas, Josh Fitch, Eva Folk, Marten McCready, John Peck, John Philip, Bill Powell, Ted Stubbs, Ella Taylor and Roy Towler.

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#### OFFICERS FOR 1990

At the first meeting of the society's newly elected directors on Wednesday, December 6th the following directors were elected as officers:

President	John Philip
Vice-President	John Peck
Recording Secretary	Ella Taylor
Treasurer	Bob Douglas

Lynn Dick was appointed as the Membership Secretary and John Peck as the Newsbrief Editor. John Philip will serve as Office Manager for the time being.

Our Immediate Past President Leo Comeau will serve in the newly created position of Warehouse Equipment Manager.

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#### IN MEMORY OF ROY BOOTH

We were all saddened to hear that Roy passed away on Monday, December 4th. He was in his 77th year.

Roy and Dorothy Booth joined the society at the end of 1983 in order to take part in the Australia and New Zealand tour in 1984. Since then they have been regular participants in our bike tours culminating in their participation in the Cuba, Kootenay Loop and San Juan Islands trips this year. They are fondly remembered by all as the couple who were always first to make it to the next campsite.

We send our condolences to Dorothy and the family, and in accordance with their wishes we are making a donation to the Canadian Cancer Society in lieu of flowers.

by John Philip

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#### MEMORIES OF THE SANTA BARBARA TOUR

##### Vancouver to Santa Barbara

by Faye Wilson

I was the new kid on the block. I was a new member and knew no-one. I also found myself to be a "junior member", but now I know that "age doesn't matter unless you're a cheese"! I quickly made many friends, and found myself pedalling down the coast, and enjoying the magnificent scenery with a group of people who were just as amazing as the scenery. I have these

funny tan lines on my face - creased from an unending smile.

We even had fun changing flat tires - didn't we Josh? The thing I didn't like about the trip was riding in the truck on cooking day. The best thing about coming home was having a luxurious large fluffy dry towel rather than a wet J-cloth to dry with after a shower.

This "new kid" is going to be around for a long time to enjoy many more trips. I truly hope that everyone's memories are as happy as mine. CIAO.

##### Santa Barbara Here We Come

by Faye, Eila and Buffy

(Sung to San Francisco Here We Come)

Santa Barbara here we come  
Vancouver's where we started from  
The sunshine  
The coastline  
We've seen it all  
We're coming  
We're humming  
Songs of joy to one and all  
Food and friends and fun we've had  
We'll remember the good and bad  
Cycling's for the young at heart  
Santa Barbara here we come.

##### On The Road Again

(With apologies to Willie Nelson)

On the road again  
I just can't wait to get on the road again  
The life I love is goin' biking with my  
friends  
And I can't wait to get on the road again.

On the road again  
Goin' places that I've never been  
Seein' things that I may never see again  
I can't wait to get on the road again.

- submitted by John Philip

## The Redwoods

by Eva Folk

For me, a highlight on the Pacific Coast tour was cycling the "Avenue of the Giants", a road through the home of the giant California Redwood trees. Their tremendous height and centuries of age filled us with awe. A clean aromatic fragrance pervaded the air, and there was a feeling of great quiet and tranquility and passage of time. Some of these huge trees are a thousand years old, and have survived floods, fires, disease and insect pests. It is very strange to think that their only enemy is mankind.

A salute to the people who realized the magnificence of these trees and fought to save them from the chain-saw by creating parks around them for their everlasting safety. I would like to go back to the Redwoods parks again, sometime.

## Cycling the Big Sur

by Ray and Kathy Wilkinson

Something happened on reaching the summit after a long tough pull up many of the difficult hills on the Big Sur when we were cycling on the California Coast Highway. It was akin to what astronauts must experience when they leave the atmosphere of Earth. We were cut free from the concerns we left behind, and we became mere satellites or roving dots. We were OUT THERE - if we ran into fog or wind or bugs, they hit us, not the windshield - and we were self-sufficient with food, water, warmth and tools all within arm's reach. One difference from the space program was that, rather than entering into orbit and proceeding passively by force of gravity, we relied solely upon our own energy. But that was the glory of it!

As the journey continued and we faithfully followed the route John had mapped (watching the sea-gulls, the wild pampas grass, the superb views and the swirling ocean, sometimes 800 feet below - standing on our pedals to attack each on-coming hill, then settling back into the saddle to carry on with the ride) we acquired the aspect of rolling wanderers - pilgrims whose truth consisted of strong legs, engrossing sights, and an involvement with the elements.

And when it was over, and we arrived at the campsite and put up our tent, and had a shower and dinner, we still retained the glow that arose not only from the exertion, and the elation, but from the knowledge that we did it by ourselves.

## Which Trees are the Tallest

by John Peck

This was an enjoyable trip, despite the fog every morning until around eleven. A highlight was camping among the redwoods, those majestic trees which the Californians claim to be the tallest trees in the world. While hiking amongst them we got to thinking about a similar claim of the Australians that their so called Mountain Ash, or Eucalyptus regnens, is the tallest tree in the world. You will find this claim made at the Dandenong Park near Melbourne. We wondered which of these two claims is valid. Could it be that it is difficult to estimate the height of a species, and therefore the claim is somewhat fuzzy, in any case? While pondering this, Albert Manser came up with a happy solution which satisfied all: "At the moment", he said, "the redwoods are up and Australia is down under, so the redwoods are tallest; but in twelve hours we will be down under, so the Eucalyptus regnens will be tallest".

Two Funny Incidents  
by Roy Makepeace

After the first few days, at least one rider had a sore bottom. In anticipation he had brought along some appropriate ointment. Groping around in the dark in his tent, he laid hands on a tube with similar size and shape to his ointment, and applied some to the troubled area. Alas, it turned out to be the wrong tube. It was Sealing Cement for his tent.

The other wag was none other than "Yours truly". Having no paper towels available in the shower room to remove excess water before using my little towel for final drying off, I had a hasty brainwave - utilize a rub-down of light oil to remove the excess water. The only oil available in my toilet bag was some Chinese Tiger Balm which had been presented to me by an emphatic well-wisher on my departure, and which I had never used it before.

After hurriedly smearing it all over in lavish proportions, I was found a half-hour later doing an Indian War Dance in the shower house. Tiger Balm is definitely not intended for either a sore crotch or your genital area. Your reaction to the resulting "fire" will make the tribal Indians proud of you! Believe me, I've been there.

Washington, Oregon and All That  
by Garfield Clack

Santa Barbara, here we come, Vancouver's where we started from! What a fantastic hands-on, foot-spinning introduction to the CCCTS. Groups in sync within a group, well-oiled (and wine) procedural machinery, light but thoughtful direction, and fun like everybody's mother would be happy to hear about. Good roads (despite a little gravel to make the adrenalin flow), coastline vistas which fog

(read light drizzle) did little to obscure, and plenty of (live) birds and beasts along the route.

But the people were the stars. All of them. Like well-adjusted teenagers guided by a wealth of wisdom. How many times will a stone skip on broken surf! And the apt quotes from Shakespeare, and more modern wags and sages. Not the usual image of Old Fogies at all, but nothing eccentric either. It struck me forcibly that this was normality as it was meant to be, and that there are lies, damn lies, and ... The rest of the world might be out of step (or cadence, if you will) but I don't care. I am determined to tour with the group again.

Thoughts

by Dennis (Ralph) Wilson

It is now nearly three months since we completed our trip to Santa Barbara.

What a wonderful group of people to be with, they became my family. I felt supported loved and cared for. The exercise stimulated me, and I felt alive and awed by life. I was most inspired by the scenery along the Big Sur coastline of California.

John Philip was our leader. If I had to pick one area that impressed me the most it was the care, consideration, helpfulness and energy that he put out for all of us. He kept us laughing when times got tense, and he had a great sensitivity for solving problems. I look forward to being with the next group he leads.

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GOOD READING

Pedaling Across America  
by Don and Lolly Skillman  
Velo-news,(1988),  
Box 1257 Brattleboro, VT, 05301

## 1990 TOURS

### KENYA

February - Marion Orser 737-8483

Phone or write Marion at 12-2310 Cornwall St., Vancouver, V6K 1V7 for more information.

### MAUI - WAIKIKI BEACH TOUR

March 17 to April 7 Bill Powell 388-6392

Noticed is received that Wardair flights are now called Canadian. Thus we leave Vancouver on Canadian flight 81 at 9:15am on March 17, 1990 and return on Canadian flight 80 to Vancouver at 3:30p, on April 7 at 10:10pm. Alberta participants leave Calgary on Canadian flight 87 at 12:45pm on March 17 and return on Canadian flight 86 arriving at 1am on April 8th.

### ARIZONA

February 24 to March 10  
John Philip 734-1398

Itinerary: Phoenix - Coolidge - Tucson - Tombstone - Douglas - Sierra Vista - Patagonia - Tucson - Hayden - Miami - Saguaro Lake - Phoenix, plus two rest days, to be decided.

This tour is now full.

### CROSS CANADA

June 1 to August 31  
Al & Diana Lifton 468-7691 Condo 408.  
Committee members: Leo Comeau 939-0392, Martine Donahue 689-2743 Dennis Parsons 383-2028 Ian Polley 263-8798

Planning is continuing. An indication of interest and suggestions regarding preferences are welcome. See attached application form.

### CASCADE LOOP

August 7 to 20  
John Philip 734-1398

### TOUR DE FRANCE

September  
Ernie Addicott 922-0335

Note change from August to September. Phone or write Ernie at 627 Duchess Ave., West Vancouver, B.C. V7T 1G6.

### GABRIOLA ISLAND

September 20 to 22  
Dennis Parsons 383-2028  
Martine Donahue 689-2743

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### VANVOUVER WEEKLY TRIPS

Sundays: Meet at 10:00 am at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). For information contact Marten McCready 736-4980.

Tuesdays: Meet at 10:00 am at Community Centre in Ladner. For information contact Al Hollinger 946-1347.

Thursdays: Meet at 11:00 am at Community Centre in Ladner. For information contact Bob Douglas 435-3893 or Frank McCall 734-8587.

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### VICTORIA WEEKLY TRIPS

Sundays: Meet at 10:00 am at Burnside & Tillicum. For information contact Dennis Parsons 383-2028.

Wednesdays: Meet at 10:00 am at Quadra & Pat Bay Highway. For information contact Dennis Parsons 383-2028