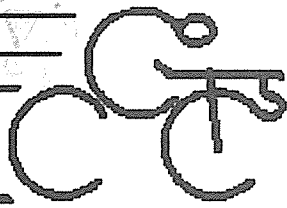


HAPPY
NEW YEAR



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 7 NO. 1

January 1990

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 recreational 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

Lebek. Dennis Parsons and Doc Watson also declined to continue as directors, but they have now been reappointed to the board, so as to provide more representation from Victoria, and also to bring the board to its full complement of fifteen members.

As mentioned by Leo in the last Newsbrief we are hoping for a good turn-out for the Third Cross Canada Tour which takes place in June, July and August this year. If you are hoping to go on this trip, please don't delay in filling out and mailing the tour application form which was included with the December Newsbrief.

We are anticipating another good touring year, and we hope that members who would like to lead a tour will come forward.

We have now completed the move to our new office in room 315 at the Sport B.C. building, 1367 West Broadway in Vancouver. You can always find the address in the Newsbrief under the banner. Our telephone no. is 737-3112, and we have installed an answering machine. Five directors have formed an office roster, so that one of us is usually in the office on most weekday mornings.

John Peck, as Editor, is now running the Newsbrief on our new computer in the office. I hope you will support him by contributing articles and other items.

Some of you may remember my article in the May 1989 Newsbrief describing the Sun Fun Run last April. Well, the time has come

PRESIDENT'S CORNER - John Philip

I believe I speak for all members of the society when I express our appreciation to Leo Comeau for the hard work and dedication he has put in over the last two years as President. He has chaired the meetings, led trips, designed and built the cooking shelter and truck shelving, organized the Casino nights, and generally inspired us by his leadership.

We also extend a vote of thanks to those members who served as directors of the society over the past several years, and for various reasons are not continuing in that capacity. Those members are Elizabeth Bush, Anne Ives, Mel Kerr, and Richard

to start training for the 1990 10k Fun Run which takes place on Sunday, April 22nd in Vancouver. I know of one other person who has started training for this event. If you are interested phone me at 734-1398, and we can perhaps enter a team in the run. Participants in the event can also walk the route.

You may also want to mark your calendar with the dates of the 1990 B.C. Seniors Games. They will be held on September 6-8 in the Comox Valley. You will recall that in the September-October Newsbrief last year Bill Powell described the participation of some of our members in the 1989 Seniors Games, and he listed the names of those who won medals. I hope more members will be able to take part this year, and with this in mind we will be keeping you informed of the latest news of the games.

We all wish Wally Griffiths a speedy recovery after his recent hospital visit.

I want to take this opportunity to thank the directors for the confidence they have shown in electing me as President. In the coming year my main endeavour will be directed to ensuring that as many members as possible have the opportunity to enjoy cycling, and at the same time 'have a lot of fun'. Cheers, John.

CONFESSIONS OF A LEADER - John Peck

A leader has a pleasant duty. He gets to know all sorts of people, and perhaps has the satisfaction of having successfully arranged a tour. After it is over, most are grateful and express thanks, but during the tour it is not quite like that. Without naming anyone we may describe each member of a tour in a recognizable way. Perhaps you can recognize yourself and others.

On every tour a leader's task is eased by those few who are ready to help. We always find them: those who volunteer to be

end-man, those who like washing dishes, those who help load the support vehicle, those who help others erect tents, those who stop to help when someone has a flat, those who wait until others are served before serving their own dinner, those who are content with ad hoc hotel room arrangements, and those who never complain even when the going gets rough.

We have others too: those who prefer to watch others wash dishes, those who feed themselves first, those who get up late and bring their gear to the support vehicle after it is packed, those who want to change their hotel room after all is assigned, and those who are the first to complain at every inconvenience.

Then there are different cycling styles. Some cyclists play it safe: they always ride on the edge of the road, so that those overtaking may do it correctly; others ride in the traffic lane, so that to overtake them one must either pass on the wrong side or expose oneself to traffic danger. They think they can hear the overtaking traffic.

Some cyclists wait for the leader, or at least keep the leader in sight; others are impatient of delay and ride ahead, thinking that they know the way. These may get lost; finding them is disruptive. Some cyclists never ride two abreast. They know that it is illegal, and that single file is the safest way; others ride side by side with a friend and engage in conversation. They forget how annoying this can be to a motorist, and how difficult it is to hear the overtaking traffic. We must be thankful that they survive danger.

Some cyclists ride downhill always in control; others like to let it rip, ignoring the danger of being thrown upon striking an irregular patch. They forget what disaster they court. Some always use a rear view mirror. Others think that their hearing is good enough.

Some cyclist always wear bright clothing, or a bilious yellow safety vest. It is kind to motorists to be highly visible. Others are found cycling through fog dressed only in dark blue or black.

On an overseas tour there are all kinds of participants. Some engage in political discussion with little observation; others wisely keep their council and watch and listen. Some join the group because they dearly want to visit a foreign country, although their dedication to cycling is less than genuine. Others are more interested in the exercise of cycling and use it to view a foreign land more closely. Should we exclude some and not others? It is a question that must soon be answered as our cycle tours become more popular.

A leader learns quickly that human nature differs widely. Have you recognized yourself? Have you recognized others? Would it not be dull if we all conformed!

KOOTENAY LOOP TOUR - Eva Folk

Ron France planned an excellent tour with many challenges, lots of interesting sights and fabulous scenery. The roads we travelled on were excellent pavement with wide shoulders and sparse traffic: the countryside always changing from verdant river valleys to high mountains. Having to cycle over three high passes was not easy, but what great views when we laboured to the top. The weather was not the greatest but mercifully the rain usually came at night and most of us stayed fairly dry in our tents. The kitchen shelter's merit was proved again and again. I don't know what we did before Leo invented this marvellous cover.

Ron opened his nice heritage home on the west side of Okanagan Lake as a starting place and as an ending place. We had a happy overnight at the home of our mem-

ber from Greenwood, Maria Kost-Smit, putting up our tents on the spacious green lawns and being made most welcome. We remember how lovely it was to relax in the hot mineral pool at Ainsworth Hot Springs, and to finally warm up. At Christina Lake campground everyone was awakened by a loud rendition of the "Tennessee Waltz" by an excellent tenor. Who was it? Nobody knows. We rode through lush Doukhobour country and historical Slocan silver mine areas. Some of us took a 5km uphill gravel road to the ghost city of Sandon, a very rich silver mining site in 1890. Not much remains but wreckage from heavy snow and disastrous flood, but the "Tin Cup Cafe" was open and we had home made soup and fresh baked buns in rooms where the walls were covered with mementos of old Sandon. At Cherryville we saw a frightful thunderstorm. Lightening crackled in the dark sky and thunder boomed all around. We watched anxiously as the fierce wind and rain whipped our tents and the kitchen shelter. The storm finally went off to the Monashee mountains where we had come from that day.

So, many thanks for a great tour Ron, and Leo, assistant tour co-ordinator, and Bob Douglas who looked after the money. Thanks to Jake Moerman who made tea and coffee for the much looked forward to morning break. Double thanks to Ron, who drove the Budget and did all the shopping. This is a trip that should be repeated.

Special to all support vehicle drivers; make sure to walk around the truck before driving off so as not to run over your bicycle absent mindedly.

SOUTH AFRICA 1989 - John Peck

Participants of the tour in South Africa last year will be interested to know that we sent Bruce Pickering-Dunn one hundred

pairs of toe straps as a gift in appreciation of what he did for us, and to help replace some that we lost.

In acknowledging them, he writes that he recently catered to 350 cyclists for a week-end trip; that he caught a cold from one of us, which hung around a long time; that a ten day tour to Plettenburg Bay should have some fifty participants; that he bought a Canondale mountain bike and a laptop computer; and that he now owns a bike shop in Claremont. He hopes that we will meet again.

TOUR DE FRANCE - Ernie Addicott

The projected tour of France is in the preliminary planning stage. Contrary to an earlier erroneous report, the Tour will not be in August, but in **September, 1990**. So far, five (5) members have expressed an interest.

The tour is being planned as a bicycle tour, there will be no, I repeat NO, support vehicle. Anyone who has a different idea will not be welcome to join us. I withdrew from planning the 1988 tour because two people had different ideas, and published a parallel report to mine - in effect, taking over the planning of the tour.

The 1990 tour will be self-contained. There will be no camping, but we will carry a sleeping bag each. We will use every kind of accommodation - of the relatively inexpensive kind - available. There will be no cooking, unless individuals wish to do their own.

The tour should last between five and six weeks, and should cost \$3000 overall - give or take a couple of hundred.

A person or persons willing to ride ahead of us to scout the next overnight stop, either on a motor scooter, or in a small car of his (their/ her) own will be welcomed with open arms.

All enquiries to Ernie Addicott, 627 Duchess Ave., W. Vancouver, V7T 1G6; 'phone (604) 922-0335.

I'd be very please to have input from any member(s) who has (have) taken such a tour before.

OUR SUPPORTERS

The following bike shops generously donated door prizes for our annual dinner. In Victoria: Performance Cycle, Reno Cycle, Esquimalt Cycle, A & J Bicycle World; in Ladner, Overhill Cycle; in Coquitlam, Austin Cycle Shop; in Vancouver, Reckless Rider Cyclery, Bike Cellar, West Point Cycles, Varsity Cycles.

ITALIAN FRIEND FROM THE CUBAN TOUR

An Italian cyclist friend from the Cuban tour last year has written to one of our members to ask if we can find him either one person or a group for companionship on a bike trip in Canada and the States this summer.

He is an experienced cyclist in excellent physical condition, and although he doesn't speak much English, he can read it.

Please write him directly if you have any advice or suggestions. His name and address is:

Daniele Bolognesi
Via Amendola No. 25
44034 Copparo (Ferrara)
Italy

BIKE PARKING Bob Douglas

Suppose you must stop for shopping, coffee or a pit stop, but you forgot your lock. Well you can improve the security of your bike by one or more of the following:

- (a) release the skewer on the rear hub,
- (b) apply the front brake with a strong elastic, say a one inch wide piece of old

inner tube,

(c) take the front wheel with you,

(d) apply a toe strap around a railing post,

(e) if you don't mind getting dirty, derail the chain,

(f) leave the bike in the highest gear,

(g) leave the bike in a conspicuous place.

MEMBERSHIP DUES

The Treasurer reminds those that have not yet renewed, that dues for our Nov 1 '89 to Oct 31 '90 fiscal year are now payable.

V.B.C. ANNUAL SPRING FLING

The Vancouver Bicycle Club would like to invite CCCTS members to join them in their Annual Spring Fling on Saturday and Sunday, March 10 and 11. There are two starting points: In Burnaby at 8:00AM at the White Spot, Gilmour and Lougheed. In Mission at 11:00AM at Wenting's Bicycle Shop, 3312 19 Railway. Car pooling is available from Vancouver to Mission. Phone Marilyn Pollard at 873-2384 if you would like to participate.

WELCOME TO OUR NEW MEMBERS

Sam Bigelow, 594-5849
*14-11880 82nd Avenue,
Delta, B.C. V4C 8C5.

Ken Comber, (204) 284-2170
1408 Mars Drive,
Winnipeg, Manitoba, R3T 1E9.

Joan Enman, 922-7020
1228-235 Keith Rd.,
West Vancouver, B.C., V7T 1L5.

Rick Jenks, 748-8976
2750 Fairfield Street,

Duncan, B.C. V9L 3W8.

Peter Jones, (613) 521-5097
1527 Kingsdale,
Gloucester, Ont., K1Y 1H1.

Bob Jordan, (403) 931-3227
RR1, Priddis, Alberta, T0L 1W0.

Colin Mc Intosh, 479-2362
4603 W. Saanich Road,
Victoria, B.C. V8Z 3G7.

Gwyneth Moreside, 679-8189
Site 11, Box7, RR1,
Chase, B.C. V0E 1M0.

Frances Nobert
Box 91, Rocky Mountain House,
Alberta, T0M 1T0.

E. Z. Rollin, (206) 671-6116
187-22335 Marine View Drive, S.
Des Moines, WA. 98198

Norman Wrigglesworth, 278-2252
5540 No. 1 Rd.,
Richmond, B.C., V7C 1T2.

1990 TOURS

KENYA February 7 to March 7
Marion Orser 737-8483

A good group is going, including from CCCTS, Marion Orser and Katryn Jeronimus. You may still be able to join if you rush. Telephone Marion.

ARIZONA February 24 to March 11
John Philip 734-1398

Revised itinerary: Phoenix - Caliente - Tucson - Benson - Bisbee - Douglas - Sierra Vista - Patagonia - Tucson - Rest Day

Hayden - Globe - Apache Junction - Saguaro Lake - Phoenix,

Participants: Dave & Elizabeth Bennett, Max & Frances Bissegger, Ken Brothers, Leo Comeau, Vic De Paul, Miep Dennison, Chuck & Lynn Dick, Shirley Fisher, Eva Folk, Bernice Gregory, Bob Helms, Bill Hook, Andre & Frieda Kaufmann, Theresa Keet, Dorothy Kennedy, Anne-Marie Labourdette, John & Dorothy Philip, John Peck, Ian Polley, Jim Tettamanti, Tage & Grethe Winckler.

MAUI - WAIKIKI BEACH TOUR

March 17 to April 7 Bill Powell 388-6392

Participants: Emily Ames, Leo & Adrienne Comeau, Harry Lang, Al Hollinger, Jack Hook, Victor & Nancie De Paul, Richard & Gisela Lebek, Merle Lancetot, Frances Nobert, Bill Powell.

CROSS CANADA June 1 to August 31
Al & Diana Lifton 468-5696.

Committee members: Leo Comeau 939-0392, Martine Donahue 689-2743 Dennis Parsons 383-2028 Ian Polley 263-8798

The tour is filling fast. Applications have been received from more than 20 full-itinerary and part-way cyclists, so there is still space for a few more. If you are keen to go, move quickly and send your application, with a \$200 deposit to Bob Douglas, by March 1st. A copy of the itinerary will be mailed on receipt of application.

Drivers are wanted. We need strong, healthy individuals who can drive a one ton truck, and also help with the associated chores. One person to drive all the way is preferred, but consideration will be given to two or three part-way drivers. If you can help, write to Diana & Al Lifton, Box 16, Mallard Drive, RR2, Nanoose Bay, VOR 2R0.

CASCADE LOOP

August 7 to 20 John Philip 734-1398

Provisional Itinerary: Vancouver - Lake Errock - Hope - Manning Park - Hedley - Osoyoos - Oroville, WA. - Omak - Winthrop - Colonial Creek - Concrete - Whatcom Lake - Vancouver.

TOUR DE FRANCE

September Ernie Addicott 922-0335

See paragraph above.

GABRIOLA ISLAND

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

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 McCreedy 736-4980.

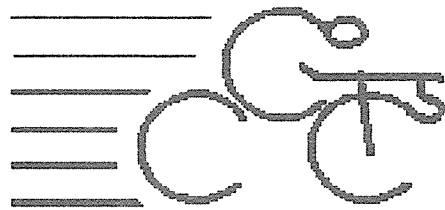
Tuesdays: Meet at 10:00 am at Community Centre in Ladner. For information contact Al Hollinger 946-1347.

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

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. 7 NO. 2

February 1990

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

Telephone: 737-3112

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President	
John Philip	734-1398
Vice-President and Newsbrief Editor	
John Peck	538-0195
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	266-5324
Membership Secretary	
Lynn Dick	261-5092

PRESIDENT'S REPORT - John Philip

As is our custom at this time of year we are sending out a final reminder notice with this Newsbrief to those members who haven't paid the current membership dues. Please pay them soon if you want to remain a member and keep on receiving all the latest interesting news regarding our tours and other activities.

We are finding new uses for the office computer. In addition to using it to type the Newsbrief, we have now added member's names, addresses, and phone numbers to its memory, and we use this information to generate membership lists and mailing labels. Also stored on the computer is a complimentary mailing list of bike stores, community centres, and other clubs. Every month we send the Newsbrief to the various groups on this list. Most of these are in the Lower Mainland and Vancouver Island areas of British Columbia, but we would have no objection to adding names from other areas. Please let us know if your favourite community centre or bike store is not

receiving the Newsbrief, and we will gladly add them to the list.

We are entering on the computer the various forms and documents we use in the office such as the membership application form, and the waiver form. At the same time Marten McCready, who is doing this work, is revising these forms.

The inventory of camping equipment has been brought up-to-date by Leo Comeau, Bob Douglas, Marten McCready and Jack Wilcockson, and this list will also be put on the computer.

We are hoping that this will be a new look Newsbrief. Our editor, John Peck, tried to get the people in the print shop at Sport B.C. to print the last two editions on their laser printer. So far these attempts have been unsuccessful due mainly to software differences between their computer and ours. However, if we don't succeed with this edition, we'll keep on trying.

Our 1990 tours are filling up rapidly, so get your name in as soon as possible, if you want to go on a particular trip. The number of participants in any given tour is limited to 30, so the tour co-ordinator takes 30 names and then starts a waiting list. If you're on the waiting list, you get on the trip after the right number of cancellations.

Remember to check the list of tours on the back pages. We have added a tour to the Sunshine Coast and Vancouver Island which takes place from July 11th to 19th. This will be an easier trip than the Cascade Loop tour.

At the last annual general meeting a motion was proposed by Ian Cassie and seconded by Frank McCall that the club donate a cup to promote a yearly event for young cyclists. This was carried, and to further this motion I consulted with the Bicycling Association of B.C. to determine a suitable recipient for such a cup. The result has been that we have allocated \$150 to provide a perpetual cup to be presented to the winner of the

B.C. Cup Series, which is sponsored by B.A.B.C.. This cup will go to the rider, in the junior category, who accumulates the most points in all ten races in the series. These races take place in various locations in B.C.

Three of our members have now expressed an interest in the bike skills courses we are organizing. These courses will include bike handling skills, cycling technique, traffic skills, basic bike maintenance, and bike selection. Please let us know if you are interested in these courses, if you haven't already done so.

You will be pleased to hear that Josh Fitch is out and about after his recent illness. Josh served as an inspiration to all for the courage he showed during last year's bike trip down the coast from Vancouver to Santa Barbara.

- Happy biking to all - John.

CYCLE POLICE - Editor

Recent news reports indicate that the city of Seattle now has a section of its police mounted on strong mountain bikes and dressed in yellow. They are highly visible and more effective in the city core, so the reports say. We also read that the city of Hull, Quebec is the first in that province to have its own police bicycle path patrol.

All this is encouraging. Here is an idea whose time has come. Which city in the lower mainland will be the first to espouse this wonderful idea? Will it be Vancouver, or will the honour go to Burnaby or somewhere else?

A SHORT TALE - Eva Folk

Riding along country roads we encounter dogs lots of times. Mostly they are curious and run out of their yards to see what sort of creatures we are, coming along so quietly. They bark a few times, have a look and, having done their dogly duty, turn around and go home. These are friendly dogs and require no action.

Sometimes a dog barks very fiercely and runs out from his yard very threateningly and gallops along with us a ways in order to harass us. By yelling very loudly "Go home, bad dog", he will in fact do just that.

If a dog comes streaking out of his yard with no bums and teeth showing, look out! This dog means business. If there are low growls coming from deep within his chest, it means he is looking for calf tenderloin. Unless you think you can outrun him, you had better get off your bicycle and place it

between you and him. As you try to ward him off, pray that some diversion will grab his attention, while you surreptitiously get out your can of mace.

The dogs that cause the most havoc with cyclists are very friendly and filled with delight to see you. They certainly mean no harm. These pooches just want to run with you, have some fun and maybe have a little nip on a tyre. They often get tangled in the wheels and cause a mass pileup.

Another dangerous dog is the one that hides behind bushes alongside of the road. Just as you get there he silently leaps out at you with the speed of a propelled rocket and panics you into a heart stopper. He doesn't actually touch you, and by the time you have collected yourself, usually off the road, he is long gone. There is no defence against this devilish kind of dog.

In general, most dogs' barks are worse than their bites. Only a very few dogs consider cyclists to be a meal on wheels. A cyclist rolling quietly along is a very interesting and unusual curiosity in the daily life of a dog. So don't begrudge him a little run and a few barks but nothing more. And always be vigilant.

SALUTE TO OUR TREASURER - Ron France

It is said that the success and continuity of all organizations and clubs regardless of size can usually be attributed to a handful of dedicated, conscientious members. Today I wish to salute Bob Douglas. When I was driving the truck on the Kootenay Loop trip, if someone had problems on the side of the road it was quite often Bob Douglas giving mechanical help. In a momentary lapse of concentration, I drove over my own bike, yes it is true, just like the hunter who shoots himself in the foot. Bob took the bike back to the coast, repaired it, and it is here now ready to go on another trip. Thank you Bob.

GROUP TOUR REFLECTIONS - Wally Griffiths

John Peck's "Confessions" in last month's Newsbrief seem to indicate that cyclists are as singular as snowflakes, and that he is well aware of those who do and those who do not.

I noticed this diversity on the Dempster trip; there were those who delighted in the sheer joy of physical rhythmic movement and were proud to be among the first people in camp. Then there were others, like Eddi and myself, who were often last in camp. We wanted more time to enjoy such far-flung views and examine the weird shapes and

strange colours of the melting snow around the streams and eager to find the tiny alpine flowers hidden in the murk of the all-pervading muskeg.

We took over one hundred pictures of such treasures, which we can use to revisit the Dempster at our leisure. I suppose some people did not even bother with a camera, which, in a way, is an advantage. If there is no pictorial record kept, then the scene must be etched into the brain more thoroughly if it is to be re-savoured later.

I think, that for some of our tours, at least, we should indicate where the emphasis lies; short, daily distances with many opportunities to "interface with the scenery", to put it in modern jargon, or longer distances at higher speeds, where the main satisfaction comes from the movement, the rhythm, the wind on the face and the sense of attainment of a personal daily goal.

There are as many factors as there are faces, but the two main categories are somewhat incompatible; so give the prospective tourer an indication of where the emphasis lies, just as I do when organizing mountain hikes, where "short", "medium", and "strenuous" hikes are spelled out, complete with altitude gain, whether trail or scramble and likelihood of snow or other mountain hazards.

We have the answer to some of John's questions, but most cyclists will continue to do what they like best, regardless of what the rest of the group do.

How shall we go? Fast or quite slow?
Who will know?
What do you see? The wing of a bee,
Or a tent by the sea?
Whatever you spy, depends not on the eye;
On the mind of the guy. -- That's you.

DEMPSTER HIGHWAY

Pathways Tours is arranging a bicycle tour to Inuvik for June 1-16 this year. Contact Great Expeditions, 263-1476.

V.B.C. ANNUAL SPRING FLING

The Vancouver Bicycle Club would like to invite CCCTS members to join them in their Annual Spring Fling on Saturday and Sunday, March 10 and 11. There are two starting points: In Burnaby at 8:00AM at the White Spot, Gilmour and Lougheed. In Mission at 11:00AM at Wenting's Bicycle Shop, 331219 Railway. Car pooling is available from Vancouver to Mission. Phone Marilyn Pollard at 873-2384.

BRONZE MEDAL

Congratulations to Pat Stubbs for winning a cross-country skiing bronze medal in the Overlander Loppet at Lac Le Jeune on January 13.

INCOME TAX - John Peck

Members may like to know that there is a program on our computer to compute the 1989 income tax for British Columbia residents. For information, call John Peck at 538-0195 or leave a message at the office, 737-3112.

SEMI-ANNUAL MEETING

The semi-annual meeting is likely to be held on April 26. Make a note of it on your calendar. More details will be given later.

OFFICE ROSTER

Some members of the board have volunteered to be in the office on weekday mornings. They are: Monday: Eila Taylor, 266-5324 Tuesday: John Peck, 538-0195, Wednesday: Lynn Dick, 261-5092, Thursday: Marten McCready, 736-4980, Friday: John Philip, 734-1398.

1990 TOURS

KENYA

February 7 to March 7
Marion Orser 737-8483

In progress.

ARIZONA

February 24 to March 11
John Philip 734-1398

Itinerary: Phoenix - Florence - Tucson - Benson - Bisbee - Douglas - Sierra Vista - Patagonia - Tucson - Rest Day - Hayden - Globe - Apache Junction - Phoenix.

Participants: Dave Bennett, Max & Frances Bissegger, Ken Brothers, Leo Comeau, Vic De Paul, Miep Dennison, Chuck & Lynn Dick, Shirley Fisher, Eva Folk, Bernice Gregory, Bob Helms, Bill Hook, Andre & Frieda Kaufmann, Theresa Keet, Dorothy Kennedy, Anne-Marie Labourdette,

John & Dorothy Philip, John Peck, Ian Polley, David Sawyer, Jim Tettamanti, Tage & Grethe Winckler.

MAUI - WAIKIKI BEACH TOUR

March 17 to April 7 Bill Powell 388-6392

Participants: Emily Ames, Leo & Adrienne Comeau, Harry Lang, Al Hollinger, Jack Hook, Victor & Nancie De Paul, Richard & Gisela Lebek, Merle Lancetot, Frances Nobert, Bill Powell.

CROSS CANADA

June 1 to August 31

Al & Diana Lifton 468-5696.

Committee members: Leo Comeau 939-0392, Martine Donahue 689-2743, Dennis Parsons 383-2028, Ian Polley 263-8798.

Prospective participants:

(full itinerary) Ken Brothers, Elsie Dean, Martine Donahue, Josephine Chapman, Garfield Clack, Nanette Earl, Colin Ed_e, Gertie Gould, Shirley Izzard, Peter Jones, Pauline Jorgensen, Richard Lebek, Al & Diana Lifton, Mario Lovricic, Marten McCready, Noreen Redmond, Tom Tuma, Dennis Wilson, Irving Weiss, Norman Wrigglesworth.

(partial itinerary) Emily Ames, Hinda Avery, Leo Comeau, Paul Dumont, Eva Folk, Ken Grieve, Ken Hanna, Bob Jordan, John Peck, Ivan Strahl, Rose Tanchak, Eila Taylor, Olive Thom, Irene Thornton, Roy Towler, Faye Wilson.

There is a tentative driver for the Victoria to Winnipeg portion. Is there someone who would like to drive the remainder of the trip or portion thereof?

The itinerary has been fine tuned and everything seems to be well organized. As you see, we have 21 for the full trip and 16 for part way.

We notice some names on the list that we haven't seen bicycling for a long time. You may have been cycling on your own, or with another club, but the onus is on you. If you are exhausted after thirty kilometres, how are you going to make it the remaining 60 or 70? We may have a couple of trial runs before the starting date.

Remember there will be no support vehicle, other than the truck, and the better shape you are in, the more you will enjoy the trip. Do not torture yourself.

SUNSHINE COAST - VANCOUVER ISLAND

July 11 to 19 John Philip 734-1398,
Bob Douglas 435-3893.

Provisional itinerary: Vancouver - Porpoise Bay -

Saltery Bay - Courtenay - Quadra Island - Cortes Island - Cumberland - Homby Island - Rathrevor Beach - Vancouver.

CASCADE LOOP

August 7 to 20 John Philip 734-1398.

Itinerary: Vancouver - Lake Enoch - Hope - Manning Park - Hedley - Oroville, WA. - Day Off - Omak - Winthrop - Lone Fir - Colonial Creek - Day Off - Concrete - Whatcom Lake - Vancouver.

TOUR DE FRANCE

September

Ernie Addicott 922-0335.

GABRIOLA ISLAND

September 20 to 22

Dennis Parsons 383-2028,
Martine Donahue 689-2743.

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.

Fridays: Martine Donahue will start trips on Friday of convenience for those in the down town area. Call Martine 689-2743 for details.

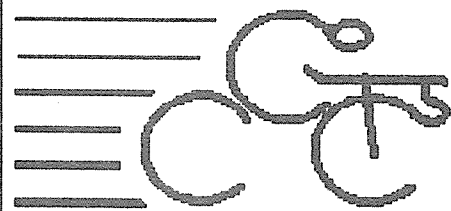
VICTORIA WEEKLY TRIPS

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.

DID YOU KNOW?

Those who rode the Dempster Highway tell us that a muskox hatches out of muskeg.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 7 NO. 3

March 1990

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 recreational cyclists.

President	
John Philip	734-1398
Vice-President and Newsbrief Editor	
John Peck	538-0195
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	266-5324
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Lynn Dick	261-5092
Equipment Manager	
Leo Comeau	939-0392
Social Convener	
Eva Folk	591-9345
Office Manager	
Marten McCready	736-4980

PRESIDENT'S REPORT - John Philip

Some of us have just returned from a most enjoyable two-week biking tour in southern Arizona. The weather was ideal for cycling, the terrain was varied and interesting, and the companionship among the participating members has generated fond memories.

An unfortunate note was the heart attack suffered by one of our members - Harry Lang. It happened on the second last day of the tour, and Bernice Gregory drove Harry to the nearest hospital where he was placed in the intensive care unit. After five days in the I.C.U. Harry was transferred to a regular ward, and you will be pleased to hear that he is now back home. We all send Harry our best wishes for a speedy recovery.

I am sure that all the tour participants extend many thanks to Bernice for the excellent itinerary she prepared. From Phoenix we went in a south-easterly direction to the Mexican border, and we then returned to Phoenix by a different route. We were all impressed by Bernice's caring attention to every detail of our welfare throughout the trip.

We are hoping that there will be a good turnout for the semi-annual general meeting on April 26th (see below). This will be a good opportunity to meet old friends, reminisce about previous trips, and discuss future ones. Cheers, John.

SEMI-ANNUAL GENERAL MEETING

The meeting will start at 11:00 am on Thursday, April 26th at Kinsmen House, 5050 - 47th Street, Ladner (opposite the library). We will discuss items of interest to members including details of this year's tours and trips. The meeting agenda will be available at the door. Lunch will be available during the meeting at a cost of \$3.00 per person.

WHAT DO VICTORIANS DO ON SUNDAYS?

Dennis Parsons.

It is a question some of us in the Society would have no difficulty answering. We go cycling, if the weather is at all kindly.

Two weeks ago we met at our usual corner. Using the Muffin Break cafe as a shelter we gabbed and waited for the late ones to turn up. One of us, I'm sure, ordered a cup of coffee. We get so excited we sometimes forget the reason for the cafe's existence.

When it was realized that Russ, one of our hard core riders, was not coming, we prepared to set off.

We legged a little, as we usually do, to get in a few

more words before falling into single file where conversation peters out.

Doc Watson was not with us as he rides with the Sydney Velos on Sunday.

Our group, this day, comprised Chris and Peter Kabel, Nick Roos, Brian Curtis, Bill Powell, Bob Forsburg and the writer. Our destination was 17 Mile House, which is west of Victoria on the way to Sooke. We set off along Burnside Road, which becomes a quiet curving, rolling country road.

At the first opportunity Nick and Brian turned off to take the Trans Canada Highway which they prefer for its wide shoulders and smooth riding. They waited for us a few miles further on where the two roads meet again.

We split again at Atkins Road, where they took the low road and we opted for the Galloping Goose Trail. This is an abandoned railroad bed with the rails removed. It has been declared a linear park. We followed it for so long until we had to get back onto Atkins Road.

We met Brian and Nick again at an intersection in Langford. We rode together now for a few more miles until we came on a continuation of the trail and still we stayed together as we rode past Glen Lake, where a fisherman showed me the 12 inch trout he had caught.

As soon as we had finished this leg of the trail, the comfort seekers took the smooth option and we didn't see them again until we reached our destination, where, they claimed, they had been waiting 20 minutes and the beer on the table was the first of the day.

The intrepid five continued along Galloping Goose Trail, occasionally going onto a side road and eventually we climbed a steep hill to join Kangaroo Road, which took us to Sooke Road and then Seventeen Mile House.

Nick ordered five more straws and soon we had seven heads in a tight scrum.

We each ordered a pub lunch and fell to talking about South Africa, Cross Canada and other neat things.

Fully rested, we lumbered out to the bikes and took our separate ways as before. With Peter wanting to show us the farther end of the rail trail, we cut down Gillespie Road. Some steep hills here to test the lowest gears before we found the crossing.

The trail now had rocks the size of baseballs. All along it had varied from loose sand to gravel to mud to even some hardtop. We caught up to a woman on a horse who wisely turned it around to face us so that it wouldn't spook. The trail is very narrow at times so that when we came on a posse of horse riders we dismounted to let them pass.

After a fairly long time and some complaints about

developing calluses, we reached Colwood and took off down the long hill at the bottom of which we met Bill Hook. The traffic noise was so loud that we didn't speak long and chose then to disperse. The bad weather that had been predicted came not to pass and we had another good cycling day.

We have other routes yet. Next time we might do Humpback road, Shawinigan or Durrance Lake, or Pipeline Road. We miss you folks who have to go to church or train for marathons or live too far away. But then there are still Wednesdays.

ARIZONA 1990 - John Peck

We flew to Phoenix, and rode to Tucson, via Florence. We made a circuit of south eastern Arizona, including Bisbee, the border town of Douglas, and Patagonia. The return from Tucson was via Hayden, Globe and Apache Junction, covering in all just over a thousand kilometres.

After some last minute substitutions, the participants were: Dave Bennett (driver), Max & Frances Bissegger, Leo Comeau, Vic De Paul, Miep Dennison, Chuck & Lynn Dick, Shirley Fisher, Bernice Gregory (leader), Bob Helms, Bill Hook, Andre & Frieda Kaufmann, Theresa Keet, Dorothy Kennedy, Anne-Marie Labourdette, Harry Lang, John & Dorothy Philip, John Peck, Ian Polley, David Sawyer, Jim Tettamanti, Tage & Grethe Winckler, Norman Wrigglesworth.

It was a good time of the year to visit Arizona. The days were not too cold and not too hot. Mornings were often cloudy, so that the tanning of our skin was gentle. In Florence we were well received by Bernice's friends at Caliente.

The terrain varied from a couple of thousand feet to nearly five thousand, so there were plenty of hills to climb, some of them long, especially on the approach to Globe.

We were saddened to leave Harry Lang behind in Phoenix, recovering from a heart attack. He returned home on Thursday 15 and has decided not to go to Hawai.

The following are a few personal impressions.

Arizona On The Rocks - John Philip.

I know that some of you are only interested in the rocks in your drinks, but I'm interested in geology or the study of rocks, which may lead some to think that I have rocks in my head.

I can now hear you asking: what on earth do rocks have to do with bike touring?

Well, I suppose everything and nothing, because on the one hand they say that everything in the universe is interconnected, and we wouldn't be able

to cycle at all without the earth's solid crust beneath our wheels, whereas on the other hand, on the day we biked from Globe to Apache Junction, most of us were not thinking about rocks as we hurtled down from that high pass at the north end of the Pinal mountains, whizzed through the Queen Creek tunnel, battled the cross winds on that splendid arch bridge over the creek, and then coasted on down to the town of Superior. I would take a heavy bet that most of you never noticed that along the highway just west of the tunnel you crossed the contact between Paleozoic sedimentary rocks and overlying welded Tertiary tuff!

Arizona is a geologist's paradise because the arid climate has been responsible for the absence of soil cover and the sparsity of vegetation which are such notable features over most of the state, and this combination has left the rocks well exposed to easy viewing by the curious gaze of the passing cyclist.

So if this has stimulated your interest, the next time you go biking in Arizona get the book: *Roadside Geology of Arizona* by Halka Chronic (Yes, that's right, Halka Chronic), and enjoy finding out about the rocks of Arizona.

The Endless Plains - John Peck

You ride over the flat country watching the strange vegetation: the stately saguaro cactus standing erect, the ocotillo not yet showing its brilliant red bloom and the cholla, or jumping cactus, proliferating everywhere. You find your cadence dropping and wonder why, so you push a little harder, although the road is flat. You check that your friends are still with you. Could it be that you are going uphill? But no, all is flat for several miles, so the steady rhythm of the pedals continues and you think about other things.

Perhaps it would be easier in another gear, so you hear the happy clonk when the chain finds its new home. But why change gear, the country is flat, isn't it? The mountains are many miles away. How clear is the air and how warm the sun this day. You wonder whether there is a head wind. You inspect the cacti, but these rigid plants reveal nothing. There are a few blades of dry grass, with not a movement in them, so there is no head wind.

But your cadence drops again and before you know it you have changed gear once more. Still the country is flat, the view on each side stretches for miles. The outline of the distant hills is clear. How could we be going uphill?

The steady push on the pedals begins to warm you, you look at your watch. Is it time for lunch? No, not yet, so you continue the struggle and another hour goes by, and another couple of gear changes.

But up in front someone has stopped. Oh joy, they are eating lunch, so you suggest that we join them, and the idea is quickly accepted. You sit beside the road, and then look back. The road stretches for miles down hill and for miles up the other side of the valley. So, uphill it was, and that is why we struggled. Fortunately the mountain is now close, so the top of the hill is near.

Saguaro - Theresa Keet

The thing I like most about my trip,
Is viewing the saguaro from base to tip,
Some stand there like directing traffic,
While others are as sexy as you can have it.

Riding the Road - Miep Dennison

Anything can happen while riding the road,
I was passing and someone cleared his throat.
You keep on going at a steady pace.
Even when the drippings run down your face.
A banana peel was flying while we sat,
Landed precisely on Max's head,
Who came out the bush on a nature call,
It really surprised him, but we had a ball.
You hear, see and smell freezing air and hot sun.
Riding the road is a lot of fun.

Hints - Bill Hook

To get just a little more out of your trip, as you come to town, stop at the tourist information centre. Know the local highway map, keep your tyres inflated to the proper pressure.

I find a down vest useful and warm mitts for first thing in the morning.

A Mustard Caper - A Spectator

Tage had just changed his shirt ready for the trip to town. He waited by the truck to make his sandwiches, because Norman was using the breadboard space. Norman placed the sliced meat on his bread and reached for the plastic bottle of mustard. He squeezed it gently but nothing happened. So he squeezed it forcibly. There was an explosion and a sickly yellow jet shot out all over Tage's shirt. Harsh words were said and quick apologies made, but everyone else doubled over with laughter.

Agony and Ecstasy - Ann Marie Labourdette

Coming out of the plane a warm air wave hits you, a 25° dry air and blue sky.

The first few days the bicycle is inefficient, the gears are not small enough, the body cries in agony. Then gradually things improve and cycling becomes easy and pleasurable again. There are long climbs

and long descents. A dry country with cacti means an inability to park the bicycle beside the road, for thorns give punctures and there were many flats.

There were quiet roads with wide shoulders and outstanding panoramic views.

Regular Bumps - Ian Polley

On Highway I-10, south west of Tucson, according to Vic De Paul, there were 100 ruts (bumps) per mile.

Thanks - Grethe Winckler

I am very impressed with the way Bernice arranged the trip for us, and took care of us all the first day. She stood in the corner and handed out candy bags and bananas and made sure we were on the right track. Thank you Bernice.

You may also wonder why we hang on to John Peck all the time. Yes, John is a very interesting person to be behind, he has an even speed up and down; he always makes sure he can see us all in his mirror; he points out all the things there are to see on the way: flowers, birds, trees, animals whose names he appears to know. He takes the time to explain things, and he stops and tells us where to ride slowly so that we can enjoy the wonderful scenery. Thank you John.

Thanks to all the fellow riders, they were all helpful when Tege had three flats in one day. Thanks to all in the gang for good friendship on the tour.

Highlights of Arizona - Chuck Dick

My highlights were: the scent from the yellow flowering bushes; the sunshine, blue sky and sunsets; the contrast of early morning cold and afternoon warmth; the appreciation of how well each one coped with the headwind, the heat, the hills (up and down) and that most finished the task they came to perform; absorbing the scene from our balcony at Winkleman; the fascination of seeing again the mining communities similar to those of my youth; Bisbee, need I say more; the Cultural Centre in Globe; Yogurt cones in Sierra Vista; Bernice and John's thorough planning; Norman and the great mustard caper; signs of Spring, the proliferation of birds, flowering cacti, greenery appearing on the trees; the Desert Museum west of Tucson and the arboretum near Superior; Norman's high tech bicycle; the camaraderie that developed among the large number of individuals without loss of individual identity; the beauty of the canyon from the pass to Superior and our one bit of tailwind; the surprise generated by seeing clear water in the aqueduct contrary to my belief and information; seeing Esme and Merion Worrell, friends of ours

from the Gulf Islands, in Poor Red's Grocery Store between Florence and Tucson.

Arizona Memories - Lynn Dick

I was the last person "home" that first day, saved from starvation by Bernice's gorp. And I'll never forget the times I rode the outer edge of the white line trying to avoid the bumpy shoulder massacred by the Arizona Department of Highways.

My favourite town? Bisbee - a fantastic breakfast there too. Worst uphill? Bisbee, but the town and the Bisbee Inn made up for that. Best downhill? Surely everyone's favourite was the five mile ride down from the summit of El Capitan. Could my Cateye be accurate? For me the ride through the canyon on the way to Superior was the prettiest ride of all. We had rain in Phoenix the last day, but what a Happy Hour we had! The management must still be reeling. Super trip! I'm not sure how many I should attempt in a year, though. Five pounds gained on the Inuvik trip; three pounds on this one. Good thing I'm not going Cross Canada. Thanks again Bernice and John Philip for organizing this.

THANKS - Phyllis Leng

I would like to thank all those people on the Arizona Tour who were so helpful to my Dad, Harry Leng, when he became ill. In particular I mention Bernice Gregory who took him to hospital, made all the arrangements for his stay and finally sent him home. Thanks to Grethe Winckler for her many thoughtfulnesses. Thanks to all for the pyjamas and dressing gown, the flowers, the cards and visitations. I am very grateful to all of you.

B.C. & YUKON HEART FOUNDATION

The Heart Foundation hopes to raise funds and public awareness by a 55km bicycle ride on April 29th, followed by entertainment and a picnic. The 8AM start and the finish will be at the Winter Sports Centre, U.B.C. The entry fee is \$10 before March 30, then \$15 [or \$10 each for groups of 3 or more]. It includes a hat, water bottle, rest stops, the picnic and entertainment.

Bruce Haines of the Vancouver Bicycle Club, 298-7060, is the contact person. Bruce is looking for "Ambassadors", experienced cyclists willing to provide safety advice, help with breakdowns, etc., to less experienced riders. Ambassadors will receive an evening training session, an official T shirt, and free participation in the ride.

LOUELLA REPORTS FROM VAN ISLE

Molly Shepherd has done it again; she broke the Canadian record for the 50 metre breast stroke, and cut off five seconds.

Bill Hook and partner scored tops in Friday night duplicate bridge.

Our members will be marshals for the Victoria half marathon to enjoy the sight of Connie Shaw, Josephine Chapman, Mario Lovricic and Gordon Rempel whizzing by.

A bicycle rally is scheduled to start in front of the Legislative Buildings at 10AM on June 3rd.

FINANCIAL STATEMENTS - Bob Douglas

The Directors thank member Jack Wilcockson, a retired certified general accountant, for donation of his services in auditing the Society's October 31, 1989 financial statements. A condensed version of the balance sheet [cents omitted] follows:

	General Account	Casino Account
Bank and term deposits	\$19,753	\$10,596
Accrued interest	1,015	
Prepayment and deposits	71	53
Camp equipment at cost	8,408	
Bicycle " "	5,827	
Office " "		170
	-----	-----
Total Assets	\$35,073	\$10,819
	=====	=====
Prepayments, dues, banquet	\$564	
Trip funds on hand	311	
In trust for B. Watch	150	
Due members and supplies	13	456
	-----	-----
Total Liabilities	1,038	456
Members equity	34,035	10,363
	-----	-----
Total Liabilities and Equity	35,073	10,819
	=====	=====

It should be noted that equipment is valued at cost without provision for depreciation, obsolescence, shortages, repairs or cleaning.

Since October most Casino funds have been spent in accordance with our application on: computer equipment, a second camping shelter, warehouse shelving, office rent, and Newsbrief production.

If anyone knows the address of former member Bert Watch, please inform the society.

B.C. SENIORS' GAMES - Doc Watson

The B.C. Seniors' Games will be held in the Comox valley, 1990 September 5-8. The objectives of the Seniors' Games Society are very similar to that of the CCCTS. All residents of B.C. 55 years of age and over are eligible to enter any one of the twenty medal events. Some of the events include: one act plays, bagpiping, chess, bridge and cribbage in addition to the many sports activities.

The province is divided into 12 zones to enable province wide participation on a competitive basis. There are two age groups for competition in the bicycle races; they are: 55 to 64, and 65 and over. One man and one woman in each of the age groupings from each zone are eligible to compete at the games. Playoffs are held in each zone to determine eligible participants for that zone.

Bicycling events include:

a) time trial - 16km (10 miles).

b) road race - 60 - 70 km (men).

40 - 50km (women).

c) hill climb - 2 - 3km (grade 6% - 9%).

Each zone has a committee and a zone representative. The demarcation for each zone, and the names and addresses of the zone representatives would occupy too much space in this Newsbrief, however you may obtain any necessary information from the games co-ordinator, Gordie Cameron, 2412 Beacon Ave., Sidney, B.C., V8L 1X4, Phone 656-0221, FAX 655-3993, the BABC or the CCCTS.

Cycling events occurred for the first time at Trail in 1981. Lets have a good turn out from members of the CCCTS in 1990.

1990 TOURS

Kenya February 7 to March 7 - Completed.

Arizona February 24 to March 11 - Completed

Maul - Waikiki Beach

March 17 to April 7 Bill Powell 366-6392

Participants: Emily Ames, Leo & Adrienne Comeau, Al Hollinger, Jack Hook, Victor & Nancie De Paul, Richard & Gisela Lebek, Merle Lancetot, Frances Nobert, Bill Powell.

Gabriola Island - Ucluelet

May 9 - 17; Martine Donahue, 689-2743, Dennis Parsons, 383-2024, Al & Diana Lifton, 468-5696.

Day 1: Vancouver to Gabriola via 7AM Tsawwassen Ferry, meet Victoria group at Mill Bay, 110km; day 2: Rest day, meeting for Cross Canada Participants; day 3: to Port Alberni 80km, campsite/motel; day 4: to Ucluelet via Berkley Sound & Broken Islands on M.V. Lady Rose, 4hrs; day 5: Rest day, explore Long Beach; day 6: to Sproat Lake 90km; day 7: to Gabriola; day 8: Rest day; day 9: to Victoria or Vancouver 110km.

Total cost \$190. Some meals are included.

NB, \$25 required by April 10 for a minimum of 20 people in order to guarantee sailing of M.V. Lady Rose. Cheques to Bob Douglas payable to CCCTS.

Support vehicles and drivers urgently required.

Cross Canada June 1 to August 31

Al & Diana Lifton 468-5696.

Committee members: Leo Comeau 939-0392, Martine Donahue 689-2743, Dennis Parsons 383-2028, Ian Polley 263-8798.

There will be two pre-Tour meetings. One is the Gabriola - Ucluelet tour mentioned above. Another is at 10AM on April 26, i.e., one hour before the General Meeting, at the location of that meeting. Participants should attend both, if possible.

The committee met in Vancouver on March 14. Adjustments have been made due to a change in the Newfoundland Ferry Schedule and the Labour Day weekend.

In order to facilitate loading, we suggest a (hockey) bag not exceeding 12x15x36 inches. If you are unable to find one in your vicinity, the club will be glad to get one for you at a reduced rate.

Paid up participants are 20 for the full distance and 11 part way.

We remind participants that their physical condition and that of their bikes is of great importance and they should seriously monitor this.

We have a driver as far as Winnipeg; we still need one from Winnipeg east. The truck is a support vehicle with one passenger seat available for emergency only.

Sunshine Coast - Vancouver Island

July 11 to 19 John Philip 734-1398

Itinerary: Vancouver - Porpoise Bay - Saltery Bay - Courtenay - Quadra Island - Cortes Island - Hornby Island - Day Off - Nanose Bay - Vancouver.

Cascade Loop

August 7 to 20 John Philip 734-1398

Itinerary: Vancouver - Lake Errock - Hope - Manning Park - Hedley - Oroville, WA. - Day Off - Omak - Winthrop - Lone Fir - Colonial Creek - Day Off - Concrete - Whatcom Lake - Vancouver.

Tour de France

September Ernie Addicott 922-0335

There will be a meeting at 10:00AM in the Sport BC building (meet at the CCCTS office - 315) on Tuesday April 3. The address is 1367 West Broadway. All interested members should attend. Those unable to do so, 'phone Ernie.

Gabriola Island September 20 to 22

Dennis Parsons 383-2028

Martine Donahue 689-2743

VANCOUVER WEEKLY TRIPS

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

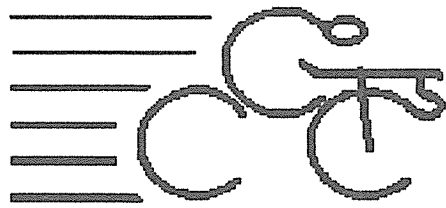
Thursdays: Meet at 11:00 am at Community Centre in Ladner. For information contact Bob Douglas 435-3893 or Frank McCall 734-8587.

Fridays: Meet 11:00 am at the Inukshuk monument, English Bay (corner Bidwell & Beach Avenue, on the beach, parking available). False Creek cycle path to Kitsilano, Spanish Banks, UBC, SW Marine Drive, and back to English Bay; approximately 40km or 2.5hrs. Contact Martine Donahue 689-2743.

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



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

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PRESIDENT'S REPORT - John Philip

Further to the article about the B.C. Seniors' Games in the last Newsbrief we want to remind you that we have in our office a list of the names, addresses, and telephone numbers of the representatives for all the zone committees for the Games, so call us at 737-3112 if you want this information.

As well as the Can-Bike Skills course described elsewhere in this edition of the Newsbrief we are also hoping to arrange a one-day bicycling seminar for our members. This will be in the nature of a

refresher course to upgrade our cycling skills, and perhaps help us to correct some of our bad cycling habits. This event will take place sometime during the month of May.

A one-day bike maintenance session, which we hope will take place during the first two weeks in May, is also on our program.

We will discuss these two events at the upcoming semi-annual general meeting on April 26th in Ladner. Other items of interest on the agenda of the meeting will be this year's tours, the club jerseys, future casino nights, the May Day Parade in Ladner, and the Annual Picnic. We may even be able to talk about future tours.

See you at the meeting. - John.

CYCLING IS RIGHT THINKING

Marten McCready

Years ago I read a story about an Indian family living in northern Canada. One day, their thirteen year old son went hunting. The winter snows had begun as he set out looking for game. While climbing a steep mountain pass, he had to run for cover from an avalanche. When it was over, he found his trail back home blocked with ice and snow and he had to find another way out of the alpine valley. His journey then became extremely perilous as he had to scale sheer ice walls, bury himself in snow caves to escape winter storms, trap small animals for food, and elude a pack of wolves that stalked him. What was to have been a two day trip now turned into weeks of struggle for survival. But survive he did and he found his way back to his family. For a school boy such as I, this was a

good adventure story. But a different understanding of the events came later as I recalled his homecoming. When he strode up to his wigwam, his family greeted him cheerily enough. His mother was busy sewing moccasins and his father was occupied with some tool shaping. Both looked up and gave parental recognition of their oldest child's return and continued with their tasks. His brothers and sisters frolicked about him as brothers and sisters do. But no one asked the cause of his extended absence. However, when the boy volunteered his story, they all laughed heartily and subjected him to a lot of good natured joshing. They considered this episode no more consequential than if he had slipped on a stone and had fallen into a puddle of water. To an observer from our culture, this attitude would seem almost uncaring and perhaps even callous. But a more astute observer would see that the family did not want the boy to consider the hazards he faced as unusual or overwhelming and, as a result, lose confidence in himself. The dangers he faced were natural dangers and no matter what perils were before him, he would overcome them. They made light of his escapade knowing full well he could surmount all difficulties.

What a wonderful gift for parents to give a child! It was the gift of assurance. And what do we do? We send our children to school with a thousand admonitions! Pour out our fears and insecurities upon them. And when they grow up, is it any wonder they are so fearful of accepting the business of living? And in this context, lies many of the problems in our modern, civilized world. We know the road to health and well-being lies in a happy, active life. But if we look past the small, but very prominent group of energetic people found everywhere, we see a huge segment of our population living a careful, protected, uninvolved life. Their excitement comes from the television set, their mobility from the automobile, and their health from the drugstore. It is a rocking chair existence with a multi-insurance policy coverage. It is also a lifestyle which places huge demands upon our medical services. Years of cautions, warnings, and don'ts have taken their toll. People grow older and become more and more reluctant and apprehensive to try anything as hazardous as biking. They are afraid of falling, afraid of traffic, afraid of overstraining themselves, afraid of strange roads, afraid of looking ridiculous, and afraid of being afraid

In our club, we are trying to undo that attitude. Nearly all who participate in our tours attest to the

great enjoyment, comradeship, and fitness the exercise provides. I am not saying there is no danger out there. In fact there is a lot. The very act of living is often hazardous. The young boy in the above story could have been swept away by the avalanche or devoured by wolves. But because these things do happen, it should not hinder our enjoyment of life. We should not let our imaginative fears engulf us or let our insecurities eat away at us. We should know that the perils of most adventures are more illusory than real.

So what can we do as club members to encourage more people to join us? I suppose spreading the news of our successful yearly tours is our best means. Our regular weekly rides keep us visible, and talking to all those who show interest is, of course, being done. Giving new members assistance in getting started as well as friendly encouragement to come out on rides will help. We can try to show that the benefits of bicycling far outweigh the risks but the desire and the will to join our tours is up to each individual. Negative influences of past conditioning must be replaced by a positive state of mind. As someone wise once said, "If you think you can, or if you think you can't, you are probably right."

HAWAII !! 1990 - Vic DePaul

First: thanks to Bill Powell for organizing this trip. As with Bill's other trips, it was anything but dull. This account is about Maui only; I didn't ride on Oahu. Leo can tell about that.

Bill, Leo, Frankie Nobert, Emily Ames and I started out from Bill's condo at Papakea Resort (it's near the airport at Honokahua). Our first day's trip was the Rainbow camp site at Paia, about 40 miles away.

It sounded easy enough and started off on a good highway, with a wide shoulder. After about six miles we got to Honokahua Bay, where we were informed that the road was closed. My map recommended it for four wheel drive vehicles only. We did see some cars go through, and at Bill's encouragement we set out. (I was driver that day and had fears for our little Nissan.) The road was in very poor shape but passable. It was through open country along the sea shore and quite spectacular. I enjoyed it and turned the air conditioning on when it got too hot. Sure enough we did meet a road crew and saw cars coming towards us, not realizing that

they had been turned back. We stopped and had lunch. Bill cycled through and persuaded the crew to let us through. We soon got to Kahului and were now faced with heavy traffic. We needed some assistance in finding our way in the city but did arrive at our camp site, which was clean and comfortable.

The next day was Frankie's turn to drive and the road climbed steadily. Emily rode as far as Pukalani and wisely decided to wait until we climbed to the Haleakala Crater. Our objective was to go up and down the same day. This plan was modified a few times.

Leo and I started out and left Bill at the car talking to Frankie. We got to the turn-off to the crater and waited for Bill or the car. After waiting for two hours, we decided to have lunch, and imagined many reasons for the delay. We didn't dare go up fearing that something serious might have happened. After lunch Bill appeared on his bike. The key got locked in the trunk and it took three hours to get new ones. By this time it was too late to get to the top, so we decided to stay at the Hosmer Grove camp site, about half way to the crater. This was a wise decision because it took us three hours to go the eleven miles to camp. It was a good camp site, with water and fuel, at about seven thousand feet, and quite cool.

The next morning Bill, Leo and I cranked another twelve miles to the summit. Frankie and Emily came up in the car. We could see down into the crater and down to the valley below. It was a beautiful clear day and worth all the climb. We then put on all our clothes and had an exciting ride down the hill. The road is in good condition and we had no trouble controlling our bikes. We encountered dense fog going through the clouds half way down and had to slow up and finally stop to let buses go by.

Our next objective was to go to Hana and the Seven Pools and then back to our condo. The scenery changed to rain forest with numerous streams crossing the road. The road got quite bad and I wished I was on my mountain bike. Needless to say, it wasn't boring. After the Seven Pools the road got worse: I got a flat; Leo blew a tire and had to walk for three miles to the Seven Pools; Bill broke his rear axle!! We piled Bill and the ladies, three bikes and tenting gear into the Nissan and Leo and I waited for it to return for us. In spite of our difficulties we enjoyed the beauty of the countryside. I wouldn't have missed it for the world.

Adrienne roasted a turkey for us when we got back. Leo, your wife is an excellent cook. Frankie peeled numerous pineapples, donated by a neighbour (thanks Frankie). Nancie dutifully swam in the pool each day and acquired a tan.

Emily and Frankie proved that they have cyclists at Rocky Mountain House who are skilled as well as beautiful. Come again!

Bill put a lot of effort into making this trip a memorable one, and I'm sure that we all join in thanking him for a truly different experience.

KENYA - Katryn Jeronimus

We left Vancouver on February 9 with KLM, with a brief six hour stop in Amsterdam. Our group consisted of ten riders, with a support group of ten Kenyans.

We covered a great distance, bicycling the triangle Nairobi through the Rift Valley and back, and then by train from Nairobi to Mombasa and back.

Kenyan people encourage employment; the pay is low and they don't have as many luxury needs as we do. Our Kenyan crew of ten consisted of: three housekeepers, who set up and dismantled our camp, did the cooking, which was excellent, and looked after the portable johns (for a small fee they also took care of laundry), two bike riders from a Kenyan bicycle club, who had competed in the recent Commonwealth Games, a driver for the support van, two repairmen for our bicycles, and two night watchmen.

The driver of the van supplied the water and oranges and the lunch made by the housekeepers. The leader and his assistant made all the decisions.

During our trip we camped out most nights, with an occasional break in a motel or lodge, where we took luxurious baths and changed our clothes. We travelled approximately 90 kilometres a day, had excellent weather, with temperatures between 30 and 40 degrees Celsius. It was dry and we climbed quite a few steeply graded hills. How nice it was to know that the van with our water and goodies was never far away! We took breaks about two hours apart. Occasionally we could rest in the van and put our bike on top. At the end of the day, after our showers, the cooks had dinner ready. This they had prepared over a charcoal fire, with wood gathered from the surrounding country side. It was a real gourmet dinner for twenty people! We were amazed how they managed it; even breakfast for all

with bacon and eggs and toast was prepared the same way.

On the fourth day we arrived at the Equator at an altitude of 7000 feet. As a rule, we biked for a few days and then rested for a few days. On the off days we went on safari three times - what an experience! We saw lions, cheetah, gazelles, zebras, giraffes, wildebeest etc. A few of us even went on a balloon safari. Of course, we also went swimming, shopping and hiking, e.g., on Mount Kenya.

We also went to Mombasa on the coast, where it was very hot and humid. We decided not to cycle there but enjoyed the beaches instead. Although a few of us took sick for a while, there were no major problems.

Along the way we saw quite a few of the Samburu people, who still live as they did a hundred years ago in mud huts. They have many children to help herd their cattle and goats and even wildebeest. The Samburu women seem to work harder than their men. They make and trade jewellery, using colourful beads and bones. Most of us bought some to bring home. They trade their cattle and goats to earn a living.

When we camped at Masai Mara Game Park, close to the Tanzania border, two of the Masai guarded our camp during the night, which made us feel quite safe! We could hear the lions and see the monkeys from our camp site.

Needless to say, everyone enjoyed our trip through beautiful Kenya. My most memorable experience was the nights I lay gazing, while others were sleeping, at the watchmen in their long robes with their spears, staring at the camp fire. I enjoyed the experience very very much.

FOOD ARTIFACTS - Ken Grieve

I have been a little puzzled, at times, at the apparent popularity of McDonalds among my fellow seniors, both among hikers and the CCCTS'ers. I suppose it is because a) service is quick, b) the product is cheap, c) the surroundings are usually bright and cheerful, d) the units can handle a fairly large group without crowding, e) "old" people enjoy being served by young people.

Nevertheless, I am not always enthralled by these visits because a) one cannot obtain a decent cup of coffee or tea; paper and styrofoam cups only are available, and b) they serve only what the distinguished Canadian psychiatrist and nutritionist,

Abram Hoffer, M.D., describes as "food artifacts", i.e., materials manufactured to look like food, but are really only imitations (junk food).

Also, I find the conditions under which the food artifacts are manufactured may be of concern, although the wages etc. of the help may be no worse than that of typical restaurant business in Canada.

Many seniors, whose grandchildren may even be employed at McDonalds, may find interest in comprehending the views, as expressed by a reporter, of the young people who serve them and the cafeteria chain, and have explained to them how the Big Mac that reaches their hands and the counter is "organized" to do so very promptly.

It seems that computers, even, play a not insignificant role in creating the food artifact known as the Big Mac!

BUN APPETITE from Cyclotourisme magazine, France (translation by Alice Charkes) as published in Bikecentennial Magazine. - Submitted by Lynn Dick.

On the final day of his four day, 1140km Dunquerque - Perpignan "diagonal" in France, Alain Lemaitre found himself confronted by the age old cyclist's affliction: "Upon waking I realized that I had saddle sores exactly on the spots where the seat bones hit the saddle. This problem became the crucial one the fourth day. Pain causes you to reflect: at Chateau Arnoux I ended up buying a steak which, placed on the afore mentioned spot, played the perfect role of a shock absorber, which I'd expected. At Menton, the end of the line 200km later, the steak was well done, though not very appetizing. I add, for those still incredulous, that I was bothered by neither flies nor dogs the entire time."

SEMI-ANNUAL MEETING

The semi-annual meeting will be held at 11AM on April 26 at the Kinsmen Hall in Ladner (opposite the library); lunch will be \$3.

OFFICE ROSTER

Some members of the board have volunteered to be in the office on weekday mornings. They are:

Monday: Eila Taylor, 266-5324, Tuesday: John Peck, 538-0195, Wednesday: Lynn Dick, 261-5092, Thursday: Marten McCready, 736-4980, Friday: John Philip, 734-1398.

B.C. & YUKON HEART FOUNDATION

The Heart Foundation hopes to raise funds and public awareness by a 52km bicycle ride on April 29th, followed by entertainment and a picnic. The 8AM start and the finish will be at the Winter Sports Centre, U.B.C. The entry fee is \$15. It includes a hat, water bottle, rest stops, the picnic and entertainment. Bruce Haines of the Vancouver Bicycle Club, 298-7060, is the contact person.

CYCLING WHATCOM COUNTY

For those who like cycling south of the border, the Whatcom County Parks department arranges some cycling tours, e.g., to the San Juan Islands. The telephone number is: 206-992-5161.

VALLEY RIDE - May 20

The Crazy Chickens bicycle club of White Rock is arranging a 100km or 50km Valley Ride for Sunday May 20. The route starts and ends in White Rock and the 100km loop goes up the Fraser Valley as far as Badger Road. Entrance fee \$10 before April 30. Contact Norm Thibault 531-5907.

CAN-BIKE SKILLS 1

These 15-hour courses, at the South Arm Community Centre, 8880 Williams, near Garden City Road in Richmond, cover traffic techniques, maintenance, hazard awareness, and emergency manoeuvres. Instruction is approximately half classroom and half riding. A bike and an approved helmet are required. Each is limited to eight participants.

The cost is \$40 plus a \$4 fee to join the Community Centre. The instructor is Verni Brown (271-4347). The Society will refund, to members, half the cost of the course.

They are held as follows:

Tuesdays	May 2, 9, 16	18:00 - 21:00
Saturdays	May 5, 12	09:00 - 12:00

Tuesdays	May 23, 30, June 6	18:00 - 21:00
Saturdays	May 26, June 2	09:00 - 12:00

WELCOME TO NEW MEMBERS

Katie Bateson, 3718 E. Georgia St., Burnaby, B.C., V5C 2S5.	299-4249
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Josephina Curtis, 15010-92 A Ave., Surrey, B.C., V3R 7A8.	589-2089
---	----------

Kathy Davis 805-2323 West 2nd Ave., Vancouver, B.C., V6K 1J4	
--	--

Ena K. Faynor 6864 Stewart Road, Delta, B.C., V4E 2J3.	591-8312
--	----------

Ken & Lee Kraft, 4733 Golf Course Drive, Blaine, WA, 98230.	206-371-2257
---	--------------

Miriam Miller, 2040 S.W. 49th, Corvallis, Oregon, 97333.	
--	--

Albert & Noreen Redford, 1887 Neil Street, Victoria, B.C., V8R 3C6	592-1865
--	----------

Ivan Strahl, 187 Palmers Road, Christchurch 9, New Zealand.	
---	--

Charles Vogl, P.O. Box 3173, Eugene, Oregon, 97403, USA.	503-344-5588
--	--------------

James D. Wolff, 375 Sunset Avenue, Victoria, B.C., V8S 4L3	592-7767
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1990 TOURS

Kenya - February 7 to March 7

Completed, see above.

Arizona - February 24 to March 11

Completed

Maui - Waikiki Beach - March 17 to April 7

Completed, see above.

Gabriola - Ucluelet - May 9 - 17;

Martine Donahue, 689-2743, Dennis Parsons, 383-2024, Al & Diana Lifton, 468-5696.

Day 1: Vancouver to Gabriola via 7AM Tsawwassen Ferry, meet Victoria group at Mill Bay, 110km; day 2: Rest day, meeting for Cross Canada Participants; day 3: to Port Alberni 80km, campsite/motel; day 4: to Ucluelet via Barkley Sound & Broken Islands on M.V. Lady Rose, 4hrs; day 5: Rest day, explore Long Beach; day 6: to Sproat Lake 90km; day 7: to Gabriola; day 8: Rest day; day 9: to Victoria or Vancouver 110km.

Total cost \$190. Final payment is due May 1. Cheques to Bob Douglas payable to CCCTS.

Cross Canada - June 1 to August 31

Al & Diana Lifton 468-5696.

Committee members:

Leo Comeau 939-0392,
Martine Donahue 689-2743,
Dennis Parsons 383-2028,
Ian Polley 263-8798.

The committee met in Victoria on April 10 and the latest itinerary has been mailed to participants.

The final balance is due by May 1. Don't delay in making your return reservation; the block of seats held by Canadian Airlines has a deadline. Call travel agent Pat at Hagens, 682-7254, to indicate your intentions.

The next meeting is at 10AM (before the General Meeting) on April 26 at the Ladner Kinsmen Hall (opposite the library). The last meeting before the tour will be on May 10 on Gabriola Island, as part of the Gabriola-Ucluelet Tour. Doc Watson has agreed to give a brief bike clinic that same day.

Campground replies have been coming in steadily. Please call Martine, 689-2743, if you want to order a bag for your gear.

Sunshine Coast - Vancouver Island

July 11 to 19, John Philip 734-1398

Itinerary: Vancouver (Horseshoe Bay) - Porpoise Bay - Saltery Bay - Courtenay - Quadra Island - Day Off (Cortes Island) - Comox Lake - Hornby Island - Rath Trevor Beach - Horseshoe Bay. More details in the May Newsbrief.

Cascade Loop - August 7 to 20

John Philip 734-1398

Itinerary: Vancouver - Hatzik Lake - Hope - Manning Park - Hedley - Oroville, WA. - Omak - Day Off - Pateros - Winthrop - Lone Fir - Colonial Creek - Concrete - Lake Whatcom - Vancouver. More details in the May Newsbrief.

Tour de France - September

Ernie Addicott 922-0335

Gabriola Island - September 20 to 22

Dennis Parsons 383-2028
Martine Donahue 689-2743

VANCOUVER WEEKLY TRIPS

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

Tuesdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

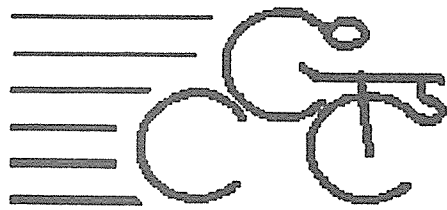
Thursdays: Meet at 11AM at Community Centre in Ladner. Contact Bob Douglas 435-3893 or Frank McCall 734-8587.

Fridays: Meet at 11AM at the Inukshuk monument, English Bay. Martine will be away on the Cross Canada Tour, so please call 689-2743 to make sure the ride is on.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Burnside & Tillicum. Contact Dennis Parsons 383-2028.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-2028.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 7 NO. 5

May 1990

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 recreational cyclists.

President	
John Philip	734-1398
Vice-President and Newsbrief Editor	
John Peck	538-0195
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	266-5324
Membership Secretary	
Lynn Dick	261-5092
Equipment Manager	
Leo Comeau	939-0392
Social Convenor	
Eva Folk	591-9345
Office Manager	
Marten McCready	736-4980

PRESIDENT'S REPORT - John Philip

About 70 enthusiastic members came to the semi-annual general meeting in Ladner on April 26th. I think you will agree that this was a good turnout from a total membership of 205.

During the meeting we heard reports from the officer's of the Society, and we also talked about this year's tours, the May Day Parade and the Annual Picnic. Details of these last two items are covered elsewhere in this Newsbrief. We also heard about possible tours in 1991 and 1992, and we will tell you more about those in future Newsbriefs.

We decided at the meeting that we would have a bike maintenance workshop on Saturday, April 28th at Al Hollinger's house in Ladner. We regret that we were not able to advertise the date of this event in the Newsbrief beforehand, but the date chosen was about the only time that we could get Bob Douglas and Al Hollinger together before the cross Canada tour leaves on June 1st. Thanks to Bob and Al we had a very informative session which was attended by about twenty members. As part of the proceedings we saw an interesting video: Bicycle Repair by Tom Cuthbertson.

For those of you who missed the first session we have decided to have another bike maintenance workshop. This will take place at Al Hollinger's house on Wednesday, May 30th starting at 10:00 am. Unfortunately Bob Douglas will not be there, but we will have Al and other bike repair experts from the club on hand to give advice, and answer your questions. We will also show the video again. Please bring your lunch to this meeting.

Every month we print 300 copies of the Newsbrief. After we mail out copies to the members, and to the bike stores and community centres on the complimentary mailing list, we have about 100 copies left. So if you want extra copies of a particular edition of the Newsbrief please get in touch with us by phone or letter, and we will be pleased to send them out to you.

Happy bike touring this summer. John.

HAWAII - Bill Powell

We had a great time in Hawaii, riding on Oahu, Maui and Molokai. Some of it was tough riding but

there were lots of flat areas, good tail winds and wide shoulders.

We had beautiful spacious camps, which were well situated for us. We used Paia camp site for our Mount Haleakala base camp, and Hosmer Grove at the 6800 foot level as our final assault camp.

The camp site at the Seven Sacred Pools was on the grand scale, and we enjoyed our swimming in the canyon pools, which had been reserved only for Hawaiian royalty at one time.

I was proud to be with Victor dePaul and Leo Comeau as we conquered the 10,023 ft. mountain to the amazement of throngs of tourists who greeted us at the summit.

I want to thank everybody who helped, as everybody did in their own way. Victor dePaul looked after the Vancouver members liaison and did computer work, for which I will be forever grateful.

ALOHA - Jack Hook

On March 17th, thirteen club members boarded Canadian flight 81 for Hawaii. The trip was smooth, uneventful and boozy, with lots of good food. We arrived at the Waikiki Hotel, 2464 Kalakua Ave. facing the famous Waikiki beach with its thousands of sun seekers applying thousands of gallons of sun screen #25 on their toasted bodies. It was quite a sight and quite a smell! I tried surfing but failed to graduate. It is more difficult than snow skiing - a little off balance and you are upset into the surf. We found a great many restaurants and enjoyed a wide variety of foods that were inexpensive, ethnic, and exotic.

We did the usual touristy things. We visited the zoo, the aquarium (not as good as Vancouver's), and attended the Royal Hawaiian Band in concert featuring singers and hula dancers doing the authentic dance which is taught in the schools. We took tours to the Blow Hole, hunted for diamonds on Diamond Head, visited the Polynesian Culture Center and the Dole Plantation where they sold good ice cream and pineapple juice. At the Sea Life Park we saw the one and only offspring of a dolphin and a killer whale perform. Pearl Harbour was interesting and well presented. The day after our visit to this memorial the launch that transported tourists broke down and the navy had to carry out a rescue mission. It was red alert time.

On the 27th of March, we flew to Kapalua to Bill's condo at the Papakea Resort. Again the accommodation was good as was the food prepared by Gisela and Merle. Mahalo to these splendid ladies. We cycled to Lahaina, a historic whaling port in earlier times and the site of the second largest banyan tree in the world. In other days the hippies slung their hammocks in its branches but the hotel owners stopped that. There was no revenue.

We sailed from Lahaina to Kaunakakai on the island of Molokai. This island has many acres of pineapple and sugar cane but few inhabitants. It is a former leper colony and has a memorial to Father Damien who ministered to the lepers. Coconuts lie beside the road and Al husked one and we ate the meat later at the condo. It was good. The palm trees are girdled with metal bands to discourage rats from climbing up and dislodging the coconuts which can damage one's head. It is also unwise to park cars under a coconut palm. Cars dent as well as heads.

Back on Maui we prepared for an assault on the extinct volcano Haleakala by bike. It rises 12,000 feet in 33 miles and is cold up there. Bill, Leo, and Victor were successful and were awarded beautiful T shirts on the flight home in recognition of their endeavour.

Al, Merle, and I took a bus tour to Hana one day. The driver, Randy, was very informative and gave us a university style lecture on its history, flora, fauna, and politics. The road is the worst in the world and goes from tropical forests to arid cattle ranges. Car rental companies will not allow their patrons to drive their cars over this horrendous trail. Bill, Leo, and Victor cycled over it and Bill broke his front axle and Leo had to realign his back wheel. There are understandably few people in this part of Maui, but many of the palatial homes belong to entertainers such as Kenny Rogers and Jim Nabors. Doris Duke has an estate somewhere in the vicinity and also in repose here is the well guarded body of Ferdinand Marcos. In 1944, Paul Fagin, owner of the San Francisco Seals, converted 14,000 acres of economically depressed sugar cane fields into ranch lands. Today, several thousand head of white-faced Herefords roam the Hana Ranch pastures. Fagin opened the Hana-Maui hotel in 1945 which today employs 260 people; 240 of them are directly related to one another.

The average temperature in the vicinity of Honolulu is 74.9 degrees F. There are wide variations of climatic conditions resulting from the mountainous terrain. Maximum precipitation occurs

on the windward slopes of the islands. Rainfall totalling 200 in. annually is common in these regions, and near the summit of Mount Waialeala on Kauai Island the rainfall is 444 inches. We had sunny days, day after day. It only rained once for seven minutes. The sunsets are gorgeous and I never tired of watching the great orb sink below the horizon.

Well the good times ended on April 7th. We flew from Kapalua to Honolulu and because of low ceiling we flew low over the ocean and could see a number of whales disporting themselves in the blue waters. The trip home on flight 80 was good and Hawaii will be fondly remembered. Mahalo to Bill Powell for his efforts in making the tour such a success.

McDONALDS - Monty Maundrell

Now Ken, you hit us where it really hurts! But thank goodness your A.B.C.'s, are incorrect.

McDonalds are one of Canada's better businesses. They educate a very large number of youngsters to the business world. They also purchase Canadian products where possible, e.g., 99% is Canadian presently; 100% Canadian beef in the hamburgers. You can get in touch with the Executive Vice President, Ron Marcoux, 4400 Still Creek Drive, Burnaby, B.C. for proof. They spend millions on Ronald McDonald House for mothers to stay in when the child is in hospital or taking treatments, also for a number of other charities.

Pack your own snack! But do not knock McDonalds' Cronalla(?) or corn oil deep fries or other products.

A HEALTH TIP! - Monty Maundrell

Do not boil coffee, or pour boiling water over the grounds. Pour hot, but not boiling water over them. The boiling or the boiling water brings out the detrimental cholesterol.

REPORTS FROM VAN ISLE - Louella

Mario Lovricic, Gordie Rempel and Dennis Parsons participated in the 10km road race in Victoria on April 29 and came in first, sixth and

ninth in their respective categories. Connie Shaw garnered a second in the half marathon the week before.

The Fossil Free Wheeling Day ride starts in front of the Legislature, in Victoria, on June 3 at 9:30AM for a 25km slow ride in close formation. Participation by contribution.

Chris and Peter Kabel are galivanting in Europe for six weeks.

There is a superior rear view mirror. Brian Curtis will tell you about it.

Monty Maundrell has become a gardener, but those pink flamingoes!

BICYCLE HELMETS - Bob Douglas

Members considering a new helmet in the coming months may be interested in an article in the most recent issue of Canadian Consumer. The magazine reports that a Canadian standard (CSA) is expected by this summer, and that helmets carrying the CSA sticker will provide more protection than those with either the ANSI standard or the stricter SNELL requirement.

MAY DAY PARADE

The Ladner Pioneer May Day Parade will be held on Sunday, May 27.

Assemble at noon at the Community Centre (where the Thursday ride meets). Wear your club jersey, if you have it, but come anyway. We hope to have a good turnout.

BIKE MAINTENANCE WORKSHOP

This workshop will be held at Al Hollinger's house, 4607 56A Street, Delta, 946-1347 on Wednesday, May 30th at 10:00 am. Bring your lunch.

VALLEY RIDE - May 20

The Crazy Chickens bicycle club of White Rock is arranging a 100km or 50km Valley Ride for Sunday, May 20. The route starts and ends in White Rock and the 100km loop goes up the Fraser Valley as far as Badger Road. Contact Norm Thibault 531-5907.

ANNUAL PICNIC AND SWAP MEET

The annual picnic will be held at Deer Lake Beach on Thursday, July 26 starting at 11AM. Make a note of it on your calendar. Access is from Burriss Ave. between Canada Way and Kingsway.

1990 TOURS

Kenya - February 7 to March 7
Completed.

Arizona - February 24 to March 11
Completed

Maui - Waikiki Beach - March 17 to April 7
Completed.

Gabriola - Ucluelet - May 9 - 17;
In progress - there are 34 participants.

Cross Canada - June 1 to August 31
Al & Diana Lifton 468-5696.

Committee members:

Leo Comeau 939-0392,
Martine Donahue 689-2743,
Dennis Parsons 383-2028,
Ian Polley 263-8798.

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Sunshine Coast - Vancouver Island
July 11 to 19, John Philip 734-1398

Itinerary: Vancouver (Horseshoe Bay) - Porpoise Bay - Saltery Bay - Courtenay - Quadra Island - Day Off (Cortes Island) - Comox Lake - Hornby Island - Rath Trevor Beach - Horseshoe Bay.

Cost: \$125. includes all meals, campsites, and truck rental. Ferries not included. Cheque for total amount, payable to CCCTS, to be submitted by June 13.

Details: Complete information and the detailed itinerary will be mailed to participants.

Kathy Wilkinson 576-6831 will be the contact person during the month of June.

Cascade Loop - August 7 to 20
John Philip 734-1398

Itinerary: Vancouver - Hatzik Lake - Hope - Manning Park - Hedley - Oroville, WA. - Omak - Day Off - Pateros - Winthrop - Lone Fir - Colonial Creek - Concrete - Lake Whatcom - Vancouver.

Cost: \$195. includes all meals, campsites, and truck rental. Cheque for total amount, payable to CCCTS, to be submitted by July 10.

Details: Complete information and the detailed itinerary will be mailed to participants.

Kathy Wilkinson 576-6831 will be the contact person during the month of June.

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Ernie Addicott 922-0335

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Dennis Parsons 383-2028
Martine Donahue 689-2743

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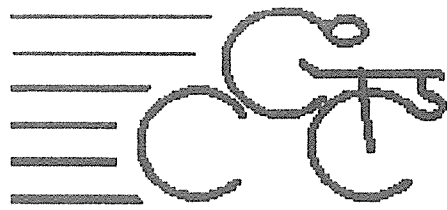
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Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. For information contact Dennis Parsons 383-2028.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 7 NO. 6

June 1990

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

Telephone: 737-3112

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President

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Vice-President and Newsbrief Editor

John Peck 538-0195

Treasurer

Bob Douglas 435-3893

Recording Secretary

Eila Taylor 266-5324

Membership Secretary

Lynn Dick 261-5092

Equipment Manager

Leo Comeau 939-0392

Social Convenor

Eva Folk 591-9345

Office Manager

Marten McCready 736-4980

Banquet at the Ladner Community Centre on Friday, November 2nd, and the Annual General Meeting on Saturday, November 3rd. Please mark those dates on your calendar. There will be more information about these events in future Newsbriefs. Cheers, John.

TEMPEST IN A TEAPOT - Lee Sofia Kraft

It all started when driving down the road, I spied a covey of cyclists. I asked who they were and where they were going. "To Birch Bay State Park for lunch and then back to Canada". The majority of these people were members of the CCCTS. I quickly drove home, made pots of tea, drove to the State Park, opened the trunk and showed off colourful mugs, cookies and pots of tea, inviting them for tea. What I found were fellow cyclists, going places and doing things, by bike. That is how I became a member and was off to the Gabriola-Ucluelet Tour.

The Gabriola-Ucluelet Tour, approx 500km, was the last training ride for the Cross Canada Tour. As a newbie, I endured! Having lived in Ucluelet some years back, I was concerned about road conditions, the lack of shoulders, pot holes and huge cracks. To my pleasant surprise, road conditions were near perfect.

The ride to Brentwood Ferry was kept at a fast pace to ensure our boarding on time, then followed country roads, the scent of fresh cut hay, the chirping of birds and swans nesting - through to Nanaimo where we boarded the Gabriola Ferry. Gabriola was a wonderland of more country roads, courteous drivers, soaring eagles, darting oyster catchers, cavorting seals. Last, but not least, was the day's rest to relate to nature and each other. The camaraderie took hold amidst the meeting for Cross Canada. Not to forget the darling 100 year old cottage, covered with

PRESIDENT'S REPORT - John Philip

On behalf of the Society I want to extend best wishes for a happy and successful journey to all the members taking part in our third cycling trip across Canada. We will be thinking about them, and we hope they will keep in touch with "head office" by sending us regular bulletins regarding their progress across the country. We in turn will send them copies of the latest Newsbriefs.

When you see our new club jerseys, I think you will agree that they look good. I would guess that we will probably start taking orders for another batch soon. We will keep you posted on this.

We have decided to hold this year's Annual

blooming clematis; in the back yard were the carefully nourished herb gardens; all this with a view of the ferry traffic in front. The weather could not have been better. It felt great to awaken to the bird songs, the fresh air, the blue sky, and the colourful tents that were spread out all around the lawns surrounding the cottage. But, first things first - "Where's breakfast?". Inside were Martine, Dennis, Molly and Monty taking control over the stoves.

Organization, planning and so much good will was put in by these four people. This is also where Doc Watson held his first bike repair mechanic day.

Then we were off to Port Alberni, passing through Cathedral Grove. Then the climb began, only 3.5 km but steep and no let up (one person was sighted climbing into a car and later, another person getting onto a Honda Motor Cycle).

The next morning we were up and off before breakfast to board the Lady Rose. The restaurants had not opened yet. I came to the rescue by locating the first one to open with one girl on staff who just looked at us and ho hummed her way along. I helped wait on over thirty hungry cyclists, leaving the good natured truckers to fend for themselves. We had said goodbye to Fran from the Readers Digest, who had joined us at Gabriola, to write a story on these enthusiastic senior cyclists. Fran interviewed each of us. Watch for an article in the Readers Digest.

We boarded the Lady Rose. What a fine all-day ride it was, with five stops at interesting little places that could be serviced only by boat or plane. In Ucluelet, at the dock, was Dennis. He had located a good campground and was calling to us "You guys are about to prove that you are ready to cross Canada by bike 'cause I just drove that highway to meet you and it will be something to cycle back on it". We were off to Pacific Rim Campground at Cox Bay. The swells were high enough to surf. All cameras were busy.

Next day, back on our bikes, we went into Tofino, seeing their palm trees, and Roy Vicker's Native Art Gallery, housed in a building that looks like an old sailing ship.

Tofino to Alberni was what Dennis promised; you had to be ready to cross Canada to ride this one. The engineers did not take out the 8 to 10 percent grades or the blind corners. Of course, there were those, as always, who raced ahead, testing their muscles, bikes and endurance and there were those who were held back by the smell of the roses, and that's OK, as it takes all kinds to make it work. We cycled by Kennedy and Sprout Lakes, protected by a cradle of forest and mountain, long and beautiful.

The planned dinners by the volunteer chefs turned out to be gourmet's delights. We relished in Polish, Italian, French, Russian, Danish and North American dinners. We enjoyed lots of fresh fruit, juices, and great desserts. Dennis was proud that the old soup style kitchen is dead and fine dining is in, with the newly operating dining room! Molly and Monty would drive ahead, park, and with big smiles and cheers of encouragement, have tea, coffee, juices and cookies for us. They were always richly rewarded with big kisses and hugs! We had three birthdays: Hinda, Monty and Ken G. No births or weddings! One small accident and a quick recovery.

A show was put on for us at Coombs, a very quaint cowboy type village. Police cars, guns, fire truck, ambulance, video cameras, crowds of people, police tape and police dogs and it was only about 10:00 in the morning. One lady police officer was standing on this little highway bridge, pointing her gun down at something below. We thought "Wow - what a show"!!! Only, it was real. The day before, a man had shot and killed someone, wounding a second, and was just being caught. Ask Gordy, he saw it all as it unfolded.

Back at Gabriola, we had our last rest day in camp with our cottage. We could sleep in, eat all that great food, wander the beaches and gather around the last evening's bonfire, sharing the memories and pride of the last nine days.

The first morning back at home, I was rather undecided as to what to do as Dennis was not there with his spoon banging a pot and saying he had an announcement. "I want you all to pay attention" - "This is important" - "For Christ sake, will you people be so kind as to listen to me" - "You need to know this" - and on and on.

My congratulations, you did a great job, all of you who lead us. Thank you! Now, I am getting ready to join more of these wonderful people, in August, in Quebec City, through to the end of the Tour. Contagious, isn't it?

THE SAD AND THE GLAD - John Hathaway

When I joined the CCCTS I thought I would be spending many years riding with my peers. With life's future always unknown, sometimes sad, sometimes glad, my path returns to whence I came.

Both have happened to me in the last four months, with the glad overtaking the sad. Since March the doctor diagnosed me as having one damaged heart valve. Prognosis keep cycling, but moderate my

pace. So this year no more Radonneur Riding, and its back to leisure runs.

The above was found after a general checkup, after I returned from England in January. I had been to visit a lady who, unknown to me, adored me because of my winning events in the time trial races of the Coventry Cycling Clubs Alliance 1947-50. In 1949 when I won the 50 mile TT, she was second in the ladies 25 mile TT.

Eighteen months ago, I joined the Fellowship Cycling Old Timers, and they reprinted the Globe and Mail "Where are they now" article in the FN quarterly news letter. Three months later there was a letter from a Diane Bulley, stating how lovely it was reading about me. Who was this unknown lady? After a few weeks I plucked up courage to write her to find out how she knew me.

Turns out she was riding for the Kettering Friendly C.C., which is a club forty miles from Coventry. No wonder we had not met before. However the final outcome of our meeting and correspondence is my return to England to spend the rest of our years together.

I will be in good hands, and both of us look forward to many years of gentle riding, and touring with the aid of a camper vehicle that will take us to camp sites, for short local tours.

I am leaving behind one of the most progressive cycling clubs, the CCCTS, which has given me good companionship, especially the Thursday rides.

You are all welcome to a "cuppa tea" at 4 Acorn Park, Cranford Road, Burton Latimer, Northants, England, U.K., NN15 5JH, whenever you visit the old country. I leave on the 14 June by air to Heathrow.

I wish you all years of cycling,

FAREWELL

The Vancouver Bicycle Club are having a going-away party for John Hathaway at Isadora's Restaurant on Granville Island starting at 7:00PM on June 12. The cost is \$15. Phone Bruce Hainer at 298-7060 if you plan to attend.

FRIDAY RIDE - Margaret Fyfe

The Friday ride with seven ladies, led by Martine Donahue on May 4th, was a leisurely meander through all the bicycle paths from English Bay to UBC Campus via Expo Lands, False Creek devel-

opment, Kits Beach and Point Grey. We were always in sight of water frontage, travelling safe bike trails and quiet streets. For anyone who finds the pace of Sunday or Thursday rides too fast, this is the ride for you. I enjoyed this 40km cycle on such a beautiful Spring day. It was a scenic, peaceful and relaxing tour. Three cheers to Martine for discovering this route around our beautiful city.

HEALTH & McDONALDS - Wally Griffiths

Commenting on your last Newsbrief article, cholesterol is a product of animal origin; it is not found in vegetable matter, so I think you will find that boiling coffee beans will not produce any cholesterol. If you have cholesterol problems and you are a patron of McDonalds, you should be aware that a Big Mac and fries derives 53% and 49% respectively from fat (source: - Heartsmart, Cincinnati, Ohio), and fat in the body system encourages the formation of cholesterol. Also, the problem with deep frying is that, in some fast food outlets, the oil is not changed regularly after each frying session. Consequently it becomes badly oxidized, which can then release free radicals to damage your body cells, including D.N.A., much to the detriment of your health.

BOOK REVIEW - John Philip

"Gear freaks get their jollies in strange ways". This quotation from Complete Guide to Upgrading Your Bike by Frank J. Berto illustrates one of the things I enjoyed about this book - the use by the author of an occasional touch of humour to lighten a serious subject.

Frank Berto is currently the engineering editor of Bicycling Magazine. From 1974 until this book was published in 1988 he had written 80 technical articles for the magazine, so presumably he knows something about the mechanical aspects of bicycles. If you are concerned that the book is not completely up-to-date, you can be assured that Frank is still writing, and you can upgrade the information in the book by going to your local library and reading his articles from the 1989 and 1990 editions of the magazine. One such article in the April 1990 issue is called "Customizing Your Gearing - For Easier Climbing And Faster Riding, Get A New Set Of Teeth".

He writes that "the primary focus of the book is on dropped handlebar, derailleur bicycles that are

equipped with 10 to 21 speeds", and he starts by telling you how to decide if your bike is worth upgrading. He divides bikes, or to be more precise the frames, into four quality price categories: Gaspipe, Standard, Good, and Top. If your bike is of gaspipe or standard quality, it is not worth upgrading, and you should either buy a new bike or suffer along on the old one. However if the frame is of good or top quality it is probably worth replacing some of the components with better or more suitable ones as the need arises.

This is not a repair manual. Instead, it describes the design, comparative merits, and availability of bicycle components, and there is a chapter devoted to every one of those components from shift levers (including indexed shifting), to derailleurs, to wheels, to saddles, and to everything in between. There are tables comparing the components from the various manufacturers, and the plentiful diagrams and photographs are helpful.

With the help of this book you will be able to impress your friends with your ability to design the gear train on your bike to suit your requirements. This will involve choosing your ideal high and low gears, selecting a suitable shift pattern, and picking the proper chain rings and freewheel sprockets.

If you are buying a new bike as I am, you can use this book to evaluate the gearing and other features of the "Deluxe Gaspipe Special" you have set your heart on. And if you have just bought a bike, it will assist you to pick a better touring tire or other replacement part when needed.

This book has inspired me to try to convert the gearing on my old bike from a "crossover plus granny" to a "half-step plus granny". According to Frank Berto I will then become "one of those dedicated gear freaks who appreciates 12 or 13 useful gears, each 12 percent apart, and who is willing to double shift to get them".

FAT TIRE SATURDAY - Lynn Dick

Sometimes Chuck and I decide its time to mosey off the beaten track and seek a little wilderness. Last Saturday was just such a time, so we hitched the mountain bikes to the rack that rides the trunk of the Pony and off we went.

Usually, in the early morning, there'll be a watchman at the Weldwood gate who will note your name and car licence number. Once through the gate you have a choice of "main" roads to follow: straight, up the Squamish Valley; across a bridge (21mi,33km

from Squamish) and up the Ashlu Valley; and/or across a second bridge (37mi,60km from Squamish) and up the Elahu Valley.

This particular Saturday we opted for the Squamish Valley, straight ahead. There are numerous small pull-off spots along the road. We chose one close to the Elahu crossing and unloaded our bikes. There was no doubt that this was a logging road; no pavement here but the scenery was superb. We were surrounded by mountains: to the west the spectacular 9,000ft Tantalus Range; to the east the Squamish Cheakamus Divide with its elegant peaks, Cayley, Pyroclastic, Fee and the Vulcan's Thumb; and as we biked further north, the Pemberton Icefield. All have waterfalls and glaciers tumbling down their cliffs.

Three Weldwood Company trucks passed us either coming or going, but other than that the silence was broken only by the sounds of the river, the grouse thumping, the ducks and birds and our own voices and bike tires.

Our perch for lunch overlooked the river where it tumbles through a narrow gorge. Chuck had brought binoculars and when a black bear ambled out onto the road (fortunately the road across the gorge) we were able to watch it snuff about for lunch. Before waddling back into the scrub, it fought the lower branch off a your roadside willow and topped off lunch with a salad. Behind our perch and to our right we could see Mt. Callaghan, Ring Mountain and Little Ring Mountain, all extinct volcanoes. These are unique in that they have flattened tops because they were formed under the ice sheet.

The trip home along the Howe Sound Sea to Sky Highway is always picturesque and on this particular Saturday topped off a very pleasant day. Next time we'll take the fishing rods and maybe the tent and bike the road to Callaghan Lake, with a stop at lovely Alexander Falls on the way. We biked this road last fall and discovered a film crew, helicopters and all, filming a commercial along the lakeshore and atop the surrounding mountains. That was a surprise and didn't add to the "wilderness" atmosphere. For future Saturdays, though, there are the Soo River Valley road and the Rutherford Creek road and, who knows, probably many more if we search them out.

References: Forest Service Office, Squamish 898-9671; Empire Logging Division of Weldwood 892-5244 (map available); Provincial Outdoor Recreation Map of B.C. No. 3; Federal maps 92 G/14 Cheakamus River; 92 J/3 Brandywine Falls; Bruce Fairley, A Guide to Climbing and Hiking in B.C.

MEMBERSHIP MAILING LIST

Please check your address and telephone number on the mailing list which was included with the last Newsbrief, and let us know if any corrections are required.

The bike maintenance summary on the back page was prepared by Bob Douglas.

FAST FOOD TO WHERE? - John Philip

An American research team studying the amount of cholesterol in fast food had a nickname for the cheeseburger. They call it the Coronary By-Pass Special.

NEW ZEALAND 1991 - John Philip, John Peck

We are thinking of a five to seven week tour of New Zealand in February or March of 1991, with the number of participants limited to about 30. This would be a tour for cyclists only, with preference given to members who have already cycled on other tours. There would be a support vehicle to be driven in turn by participants, but no other accompanying vehicles. Our shelter and cooking equipment will be taken with us. A guess at the cost is \$3000.

The itinerary might include Dunedin, Te Anau, Queenstown, Christchurch, Wellington, Palmerston North, Wanganui, Rotorua and Auckland. There would be rest days at the interesting spots including one at Te Anau, which would allow a bus trip to Milford Sound, since cycling there is not recommended.

An application form is included with this Newsbrief. If you have some comments or suggestions please get in touch with us.

ANNUAL PICNIC AND SWAP MEET

The annual picnic will be held at Deer Lake Beach on Thursday July 26 starting at 11AM. Make a note of it on your calendar. Access is from Burriss Ave. between Canada Way and Kingsway.

LET THEM EAT CAKE

Our grateful thanks go to Grethe Winckler, Rose Tanchak and Eva Folk, who supplied cakes and

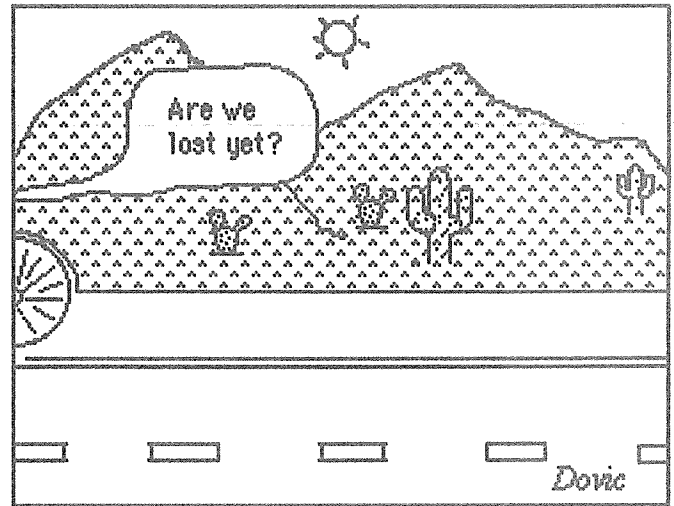
other goodies for the Semi Annual Meeting in May.

CASINO NIGHT - July 19-20.

Some of you may be asked to help with this fund-raising effort.

ANNUAL BANQUET AND MEETING

These are tentatively scheduled for November 2 and 3 (Friday and Saturday). Mark your calendar.



1990 TOURS

N.B. Payment for all tours should be addressed to The Treasurer, CCCTS, at the Society's office.

Kenya - February 7 to March 7
Completed.

Arizona - February 24 to March 11
Completed

Maui - Waikiki Beach - March 17 to April 7
Completed.

Gabriola - Ucluelet - May 9 - 17

Completed. Participants were: Hinda Avery, Jack Beckow, Leo Comeau, Brian Curtis, Elsie Dean, Martine Donahue, Nanette Earl, Colin Edge, Bob Forsberg, Eva Folk, Russel Green, Ken Grieve, Audrey Hayes, Shirley Izzard, Pauline Jorgensen, Theresa Keet, Dorothy Kennedy, Lee Kraft, Harry Lang, Al & Diana Lifton, Monty Maundrell, Dennis Parsons, John Peck, Ian Polley, Albert & Noreen

Redford, Gordon Rempel, EZ Rollin, Nick Roos, Molly Shepherd, Eila Taylor, Doc Watson, Tague & Grethe Winckler.

Cross Canada - June 1 to August 31
Al & Diana Lifton 468-5696.

Participants: (full tour) Ian Cassie, Josephine Chapman, Garfield Clack, Elsie Dean, Martine Donahue, Nan Earl, Colin Edge, Audrey Hayes, Shirley Izzard, Peter Jones, Tom Tuma, Richard Lebek, Al Lifton, Diana Lifton, Mario Lovricic, Marten McCready, Ivan Strahl, Helge Skallerud;

(part way) Hinda Avery, Jack Beckow, Brian Curtis, Paul Dumont, Bob Forsberg, Katryn Geronimus, Ken Grieve, Ken Hanna, Bob Jordan, Maria Kost-Smit, Lee Kraft, John Peck, Nick Roos, Eila Taylor, Olive Thorne, Irene & Norman Thornton, Roy Towler, Irving Weiss, Faye Wilson.

Sunshine Coast - Vancouver Island
July 11 to 19, John Philip 734-1398

Itinerary: Vancouver (Horseshoe Bay) - Porpoise Bay - Sallery Bay - Courtenay - Quadra Island - Day Off (Cortes Island) - Comox Lake - Hornby Island - Rath Trevor Beach - Horseshoe Bay.

Cost \$125, includes all meals, campsites, and truck rental. Ferries not included. Cheque for total amount, payable to CCCTS, to be submitted to the club office by June 13. There are now 29 names on the list.

Details: Complete information and the detailed itinerary will be mailed to participants.

Kathy Wilkinson 576-6831 will be the contact person during the month of June.

Cascade Loop - August 7 to 20,
John Philip 734-1398

Itinerary: Vancouver - Hatzik Lake - Hope - Manning Park - Hedley - Oroville, WA. - Omak - Day Off - Pateros - Winthrop - Lone Fir - Colonial Creek - Concrete - Lake Whatcom - Vancouver.

Cost \$195, includes all meals, campsites, and truck rental. Cheque for total amount, payable to CCCTS, to be submitted to the club office by July 10. There are now 34 names on the list.

Details: Complete information and the detailed itinerary will be mailed to participants.

Kathy Wilkinson 576-6831 will be the contact person during the month of June.

Tour de France - September 14 - October 26,

Ernie Addicott 922-0335.

Participants - Ernie Addicott, Georgette Courchesne, Elsie Dean, Ken Grieve, Elizabeth Steinegger of Basel, Switzerland. John Hathaway and Diane Bulley may join en route. The tour leaves Vancouver on September 14 at 10:00AM on AC116.

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

Cultus Lake - October 5 - 8, Leo Comeau

Expect the details later.

Southern Arizona - November 14 - 29
Bernice Gregory 929-7533

Biking days: 13; distance: about 660 miles, 24 to 75 miles per day; Itinerary: Phoenix, Buckeye, Gila Bend, Casa Grande, Picacho Peak, Tuscon, Nogales, Rest Day, Sierra Vista, Bisbee, Cochise, Safford, Globe, Florence, Phoenix; **Accommodation:** motels; **Meals:** restaurants. **Temperatures:** Tuscon 43° - 75°F, Nogales 33° - 73°F.

VANCOUVER WEEKLY TRIPS

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

Tuesdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

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

Fridays: Meet at 11AM at the Inukshuk monument, English Bay. Martine will be away on the Cross Canada Tour and plans to resume this ride in September.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Burnside & Tillicum. Contact Dennis Parsons 383-2028.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-2028.



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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 recreational cyclists.

President	
John Philip	734-1398
Vice-President and Newsbrief Editor	
John Peck	538-0195
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	266-5324
Membership Secretary	
Lynn Dick	261-5092
Equipment Manager	
Leo Comeau	939-0392
Social Convenor	
Eva Folk	591-9345
Office Manager	
Marten McCready	736-4980

instructions that we should bring one large sport equipment bag on tour to hold all our belongings, some of us are ignoring this rule and bringing several small items of luggage.

We introduced the one person/one bag system for two reasons: first, it makes loading and unloading the truck much easier, and second, when travelling by air we are allowed only two pieces of checked luggage - a bicycle and one bag. As carry-on luggage we use one of our bicycle panniers.

On tour we must therefore be able to carry everything except for one pannier in a 12"x15"x36" sport equipment bag. This means that tent, poles, ground sheet, sleeping bag and pad, second pannier (if required), and all other personal belongings must go into the one bag of the specified size. Most of us are able to meet this requirement, and it remains for the rest of us to do so.

Elsewhere in this Newsbrief we have a report on our second Casino event which was held on July 19th and 20th. Many thanks to the volunteers from the club who helped to make this Casino such a success for the society.

It seems only yesterday that we had the last AGM, but already we are requesting nominations for election to the 1991 board of directors.

We have had no recent communication from the group crossing Canada, but we are assuming that if on schedule they should be crossing Georgian Bay on the ferry as this edition goes to press. We send them best wishes for a continuing successful and happy tour. Cheers, John.

PRESIDENT'S REPORT - John Philip

Some of us have just returned from a nine-day tour of the Sunshine Coast and Vancouver Island. During this relaxed and easy-going trip we cycled mostly short distances each day, we had hot, sunny weather, and we enjoyed the pleasant companionship of our members. We stayed with Bob and Joan Stevens at Courtenay for one day, and with Lorna Whyte on Quadra Island for two days. Many thanks to Lorna, Joan and Bob for their warm and generous hospitality to the group.

During our recent tours we have noticed that some members are ignoring the one person/one bag system we thought we had established.

Although we always specify in the tour

THE CROSS CANADA TOUR - 1990

Marten McCready

June 14th: Fourteen days on the road and today the tour arrives in Edmonton. And how has it been

going so far? The bad news is it has been raining, raining, raining! Thirteen days of rain - not steady, but enough to keep us all wet and cold. Some roads we travelled over one day were washed out behind us the next. Even the North Thompson River at Kamloops was almost level with our campsite and since the next day was a rest day we had more than a casual interest in its gradual rise. The soggy camp grounds at Marmot Meadows had turned into small islands amid pools of water by morning. The lucky ones found themselves on the higher knolls. Tents have been coming down wet and going up wet. But enough of the rain! Bad as it has been it has failed to dampen anyone's spirit - at least, not so that anyone has noticed. In fact the group's good humour and morale is remaining amazingly high under such trying circumstances.

And the good news is that today it has stopped raining. The sky is clear and the sun is shining with the promise of more good weather to come. Tents, shoes, and gear will now dry out and the sun tan lotion stowed at the bottom of the panniers may now be needed.

So all in all, the trip is going very well. After leaving Mile 0 in Victoria on June 1st, the group had a fairly easy day cycling to Ft. Langley. We saw the welcome sign tacked to a post by our members from Surrey cheering us along the way. That was a nice touch. Thank you, Surrey Group. Later that night after supper a bonfire made us forget a little that there was a light drizzle falling. Our second day of almost 70 miles to just beyond Hope was more challenging. It was the "just beyond Hope" part that was challenging since the road to the campsite after so many miles seemed to go straight up. It was a foreshadowing of what was to come.

But as usual, things are not nearly as bad as imagined. Despite the cold and rain [I know, we were not going to mention the rain again, but it's so hard to ignore] everyone made it over the Coquihalla Highway to Merritt. In fact, after the summit was reached just before the toll booth, it was rather pleasant going. We even had some good long downhills and a bit of a tailwind. And as a pleasant surprise, our good friend and member from Merritt, Edna Robinson, met us at the campsite with a huge bowl of chicken and dumplings for supper. What a delightful treat! Thank you again, Edna, from all of us. After Merritt, we left the Coquihalla Highway and took the route to Kamloops by way of the Nicola Valley. It proved to be a wise choice as the road was much flatter with better scenery and very little traffic. Once up that nasty hill at the end of the valley, it was

downhill all the way to Kamloops.

From Kamloops we took the Yellowhead Highway through Jasper instead of the Trans Canada through Banff. After doing them both, I would say the Yellowhead has gentler grades. The terrain rises gradually to its highest point at Obed Lake about sixty miles east of Jasper and this makes for much more enjoyable cycling. Unfortunately, the magnificent scenery around Jasper was obscured by low hanging clouds. During the rare moments the clouds did lift a bit, we saw the mountains freshly dusted with snow. But all things must come to an end eventually - even bad weather. The sunshine and clear blue sky today is a welcome relief. Perhaps the next progress reports in the days to come will tell of heat and drought.

But weather is something over which we have no control. We can compensate splendidly, of course, by using our large shelter each night. It is large enough to hold all the camp tables needed to seat everyone for supper as well as accommodate the cooking team. And it will be the closeness of this friendly community at evening meals that will be remembered long after the tour, not the constant drizzle that made us huddle so. In fact, there are a number of good things happening. The meals are excellent. The camp routine is running smoothly. The cycling has at least been nice and cool so far. And Al and Diane have the tour well organized so it is turning out to be, I am sure, a memorable trip for everyone taking part.

WALLY GRIFFITHS - Ted Stubbs

Hiker, cyclist, skier, poet-entertainer, outdoor enthusiast; all describe Wally Griffiths, who died July 12. A small man with a big voice and a great zest for life; the twinkle in his eye will be missed. Wally cycled across Canada three times, the first time on his arrival from England and the last time with wife Eddi in 1982 on CCCTS' maiden voyage. Wally and Eddi were married atop Stawamus Chief at Squamish, and a hike to there is being planned as a memorial "celebration of Wally's life".

The Society extends its sympathy to his family.

JOSH REMEMBERED - Marten McReady

On Saturday, June 16, Josh Fitch died. He had been fighting cancer for some time and had been failing rapidly during the last few months. We were saddened to hear of his passing.

Josh joined our Society in July, 1988 and became a regular member of our weekly rides. In July 1989, he joined our Board of Directors. He was on the San Juan Island tour in 1988 and also the Vancouver to Santa Barbara tour in 1989 and was a great companion on both tours. We all enjoyed and will remember our association with him.

Burial service was held on Monday, June 18th, at Beth Israel Cemetery, 1721 Willingdon Ave., Burnaby, and club members present were Anne Ives, Buffy Bush, Faye Wilson, Margaret Fyfe, Rose Tanchak, Bob Douglas, Roy Makepeace, and Marten McCready.

The Society extends its sympathy to Bev Fitch and family. It was a sincere pleasure knowing Josh and he will be sadly missed.

NOMINATIONS FOR DIRECTORS

The directors of the Society are now inviting nominations of members for election to the 1991 board of directors. The election takes place at the Annual General Meeting on November 3.

All nominations must be accompanied by a resume, no more than 50 words long, describing the qualifications of the person to be nominated. The resumes must be submitted by October 1 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 the Society office.

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.

HUNGARY 1990 - John Peck

Five of us cycled in Hungary this summer. We were conspicuous in our helmets, for few other cyclists wore them. Some of the locals were amused at the sight.

We joined a small group arranged by Ibusz, the Hungarian Travel Agency, who provided locally-made mountain bicycles. We cycled about 60km each day from Budapest towards the Russian border, passing through such places as Eger, Hortobagy and Tokaj, but mainly in the flat valley of the Tisza River, a tributary of the Danube. This is the rich agricultural plain (puszta) that has been fought over for centuries. The history of Hungary has been a series of conquests by others: Mongols, Romans, Turks, Hapsburgs, Germans and

Russians. Now they are wondering who will be next, or whether they will be free.

We cycled on backroads and dykes and through small villages, where storks nested on chimney pots, but stayed in city hotels where we were well fed. In some hotels the meals were paid by coupon (to prevent us from going elsewhere). Each coupon had a value. In one hotel ours was 380 Forints (about \$7), but a group of Russian tourists, staying at the same hotel, had to make do with 150 Forints. It made us feel like fat cats.

A support vehicle, with driver, was provided. Breakfast and dinner were at hotels, but our guide shopped each day for a picnic lunch which we enjoyed beside the road. We took advantage of spas, for a little swimming, and wine cellars for wine tasting, and in the cities there was time for sightseeing. The weather smiled on us.

Hungarians now talk quite openly. Our guide, in Budapest, pointed to an empty plinth and said, "Over there stood a statue of Lenin, last month. Now it is gone, Good!" We also visited a city called Leninvaros (varos means city). I asked the guide if the name would be changed and he said, "Yes, probably soon." I asked him if there was a city called Stalinvaros. "Yes, there was", he said, "but that name is changed already." I then ventured, "Will there be a city called Gorbachev-varos?" "No, never," he replied. "But", I said, "if it were not for him you would not now be so free." "Perhaps that is true," he replied, "but we hate anything Russian, so there will never be such a name." Currently the Russians are demanding that the Hungarian government buy barracks that will be vacated when the occupation troops return home next year. This is particularly galling since the Hungarians claim that they have already paid for building them.

In many cities, there were flea markets, with people from other eastern countries, particularly Romania, trying to sell their wares, such as embroidery. In this way private enterprise and foreign trade are very much alive at a low level. Flea markets were in designated areas, but in the pedestrian area of Budapest, this trade is apparently illegal, for we watched the displays disappear rapidly as a policeman came in sight. The ladies reacted like gophers sighting an eagle, blending quickly into the crowd. One of them was not quick enough and was given a ticket, presumably a fine. It did not deter the others, who calmly displayed again when the policeman had passed.

Our visit was at an interesting time in the political history of the country. They have just elected a coalition government dedicated to establishing a

democracy. How do you persuade the impatient that reforms must be slow? How do you transform an economy of a country in which salaries are now about one tenth of those in the West? None of these is easy, and most Hungarians are aware that the desired transformation will take a long time. The young would like to emigrate and the old are apprehensive. Currency is still restricted, so we were accosted everywhere by those who wanted to buy dollars at a black market rate, one hundred Forints instead of the official sixty.

Would we arrange a club tour there? Well, probably not. Not many speak English; German is more useful, so that communication may be difficult unless the leader speaks Hungarian or German. Also other European countries have more interesting topography and may have a prior claim to our attention: Switzerland, Austria, Yugoslavia for example. If you would like to cycle in Hungary, where it is not expensive, then Ibusz can arrange it, and Captain Cook Travel knows how to contact them.

LONDON RUSH HOUR - Bob Douglas

I was asked to provide a few comments on cycling in the U.K., although I'm certainly no authority as I used the bike only for a few days. It was delightful with never an unpleasant incident, and because one ends up asking for directions, interesting chats are inevitable.

Train travel with the bike was no problem in my case, although a reservation was required on the main lines. I understand that there are restrictions on when you can take your bike on other train routes.

I tried everything from bikepaths to motorways. I knew you couldn't ride on motorways, but I did ride on the A1, designated with an M in brackets. I was told that the road was classed as a motorway and that I'd better get off. As in North America, the better the shoulder the more likely it is considered to be unsafe for cyclists.

One lovely cycleway, actually a narrow road from Salisbury to Warminster, followed a stream complete with graceful swans and along the banks thatched cottages with flower gardens. Another cycle path, Bath to Bristol, was a disappointment. It was on an abandoned rail line, but views were blocked, either by trees, by several hundred yards of dark tunnel, or by being down between cut banks.

I cycled from Kings Cross to Gatwick during evening rush hours. Cycling in London during rush hours (perhaps they have a 24 hour rush) is faster

than by bus or auto, one reason being that cyclists are often allowed in the lane that is reserved for buses.

I was told they had the driest spring this century. It was hot at first, then cloudy and cool, but I never had to use my raincape. I'd like to try it again.

FOSSIL FREE WHEELING - Bill Powell

The Fossil Free Wheeling Day, June 3, had about 300 participants. We left from the Legislature and proceeded back and forth around the precinct to mile zero, and Beacon Hill Park, then through Oak Bay, the Uplands and the Victoria University grounds. We came back through various city streets; the trip lasting a little over an hour. Twenty five kilometres were done to promote bicycling.

NEWS ITEMS

We are delighted to see that Surrey started a bicycle police patrol this summer. They are effective in such places as Crescent Beach. We hope that more municipalities will soon follow, and not just in the summer.

According to Roy Cooke, the Journal of the American Medical Association reports that a 1988 study sheds new light on the capabilities of the elderly. Six women and four men of a Boston nursing home, aged 86-96 did weight lifting for eight weeks. At the end of the training, nine had doubled the amount of weight they could lift. If you want to lift weights at that age, consult your physician first, they caution. Perhaps someone will do a study of cyclists in their nineties. Happy muscle building to you all.

CASINO NIGHTS - John Philip

As an organization with a charitable purpose, we applied earlier in the year to the B.C. Gaming Commission for a second licence to participate in a Casino in order to raise money to further some of our objectives. We received our licence to take part on July 19 and 20 in the Metro Centre Hotel in Burnaby.

We were required to provide volunteers who were to be responsible for the "cash flow and government-related paper work" on both days from 5:30PM to 3:00AM. The final result was that we obtained \$15,456 (half of the profits).

Thanks to the following helpers: Leo Comeau, Jan & Lawrence Anderson, Theresa Green, Ian Polley,

Ted Stubbs, Bob Douglas, John Philip, John Peck, Dennis Parsons, Rose Tanchak, Pauline Jorgensen and Shirley Fisher.

A special thanks is due to Leo Comeau (present both evenings) for organizing the event.

JERSEYS - Leo Comeau

The jerseys have all been distributed except for those to a couple of members that I am waiting to hear from. Some ordered sizes that were too small for them. Please let us know if you want to return them. We may be able to find someone who needs that size.

Our thanks to André Kaufmann for the design. Everyone seems quite happy with them. We now have a dozen names for the second order of 50. Please get your name in as soon as possible. It takes a long time to get them.

CULTUS LAKE TOUR AND PICNIC

Leo Comeau

Oct 5: Leave from Coquitlam Park and Ride at King Edward and Lougheed at 8AM. Travel via Lougheed Highway through Mary Hill by-pass (United Way) to Haney, stop at McDonalds for coffee and rest (23km). From Haney to Abbotsford via Mission by-pass and bridge, stay on No 11 Highway to Abbotsford. We will stop there for a rest period and lunch. From Abbotsford take Old Yale, Lower Sumas onto Trans Canada Highway. Turn off at No 3 Road, turn right on Boundary (short distance), turn left on Yarrow Central Road, which becomes Vedder Mountain Road until you reach Cultus Lake Road. Turn right on Cultus Lake Road. This becomes Columbia Valley Road and goes by the camp site (the Honeymoon Bay Group A camp site).

Oct 6: Rest day. Cyclists may ride to Sardis, Chilliwack, which is not far, or swim at the camp or go hiking etc.

Oct 7: Early rise for group ride on Columbia Valley Road, led by Don Nielson (approx 30km). We should be back by noon to enjoy a good swim, browse around and have a barbecue in the evening. The beer and wine store is not very far, so there is no need to go thirsty.

Oct 8: Early rise, have breakfast and get on our way back home via the same route, with stops at Abbotsford, Mission and Haney.

Notes:

- 1: We will have a support vehicle.
 - 2: Meals will be provided at camp only.
 - 3: Sunday barbeque to be arranged at camp on Saturday.
 - 4: Camp policy: Minimum 15, maximum 50.
 - 5: Friends and family are welcome during the day, but meal arrangements will be for cyclists only.
 - 6: All cyclists will be expected to participate in the Saturday Ride. Those who have jerseys, please bring them to wear around camp.
 - 7: Estimated Cost: for 15 people \$32 each, for 30 people \$17 each, for 50 people \$10 each. No refunds. Any monies left over will go to the Society for equipment purchase and repairs.
- Lets all put our foot on the pedal and make sure we have a group of 50 cyclists.
-

ANNUAL BANQUET AND MEETING

These are on November 2 and 3 (Friday and Saturday). More details will be given later.

1990 TOURS

N.B. Payment for all tours should be addressed to The Treasurer, CCCTS, at the Society's office.

Kenya - February 7 to March 7

Completed.

Arizona - February 24 to March 11

Completed

Maui - Waikiki Beach - March 17 to April 7

Completed.

Gabriola - Ucluelet - May 9 - 17

Completed.

Cross Canada - June 1 to August 31

Al & Diana Lifton 468-5696.

In progress.

Participants: (full tour) Ian Cassie, Josephine Chapman, Garfield Clack, Elsie Dean, Martine Donahue, Nan Earl, Colin Edge, Audrey Hayes, Shirley Izzard, Peter Jones, Tom Tuma, Richard Lebek, Al Lifton, Diana Lifton, Mario Lovricic, Marten McCready, Ivan Strahl, Helge Skallerud;

(part way) Hinda Avery, Jack Beckow, Brian Curtis, Paul Dumont, Bob Forsberg, Katryn Geronimus, Ken Grieve, Ken Hanna, Bob Jordan,

Maria Kost-Smit, Lee Kraft, John Peck, Nick Roos, Eila Taylor, Olive Thorne, Irene & Norman Thornton, Roy Towler, Irving Weiss, Faye Wilson.

Sunshine Coast - Vancouver Island
July 11 to 19, John Philip 734-1398

Completed. Participants: John Philip, Bob Douglas, Bill Powell, Ena Faynor, Ray & Kathy Wilkinson, Dorothy Booth, Theresa Keet, Lee & Ken Kraft, Katryn Jeronimus, Pauline Jorgensen, Harry Lang, Vic DePaul, Darrell Clarke, Ross Orton, Theresa Green, Georgette Courchesne, Norman Wigglesworth, Bernice Gregory, Marian Porter, Rose Tanchak, Katie Bateson, Elizabeth Bush, Roy Makepeace, Norman Kjelson, Albert Manser.

Cascade Loop - August 7 to 20,
John Philip 734-1398

Itinerary: Vancouver - Hatzik Lake - Hope - Manning Park - Keremeos - Oroville, WA. - Omak - Day Off - Pateros - Winthrop - Klipchuk - Colonial Creek - Concrete - Lake Whatcom - Vancouver.

Tour de France - September 14 - October 26,
Ernie Addicott 922-0335.
See last Newsbrief.

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

Cultus Lake - October 5 - 8, Leo Comeau
See details above

Southern Arizona - November 14 - 29
Bernice Gregory 929-7533

Biking days: 13; distance: about 660 miles, 24 to 75 miles per day; Itinerary: Phoenix, Buckeye, Gila Bend, Casa Grande, Picacho Peak, Tuscon, Nogales, Rest Day, Sierra Vista, Bisbee, Cochise, Safford, Globe, Florence, Phoenix; Accommodation: motels; Meals: restaurants. Temperatures: Tuscon 43° - 75°F, Nogales 33° - 73°F.

1991 TOURS

New Zealand - March 3 April 14.
John Philip and John Peck

We now have 30 members who have sent an

application with deposit, and we have reservations with ANZA Travel on Air New Zealand for that many, leaving Vancouver on March 3. This date was chosen because it is the first direct flight at shoulder fares. We have several return dates, the earliest being April 14. This will be discussed at the meeting on September 11 (see below).

The tickets are valid for three months from the date of departure. There is no requirement for the group of thirty to travel together, either outwards or homewards, but if you want to leave in February, there is a surcharge of \$294. Free stops are allowed in Honolulu, but there will also be a surcharge for travel to other destinations, such as Australia. We will also be taking some members who are making their own travel arrangements.

John and Domacilla Peck will be going to New Zealand on November 11 for three weeks and will inspect the route by car. When they return we will be able to make the itinerary quite precise.

There will be a meeting of all those interested at the Kinsmen Hall (near the Library) in Ladner on September 11 at 11AM to explain more details and to listen to suggestions.

VANCOUVER WEEKLY TRIPS

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

Tuesdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

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

Fridays: Meet at 11AM at the Inukshuk monument, English Bay. Martine will be away on tour and plans to resume this ride in September.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Burnside & Tillicum. Contact Dennis Parsons 383-2028.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-2028.

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September 1990

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 recreational cyclists.

President	
John Philip	734-1398
Vice-President and Newsbrief Editor	
John Peck	538-0195
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	266-5324
Membership Secretary	
Lynn Dick	261-5092
Equipment Manager	
Leo Comeau	939-0392
Social Convenor	
Eva Folk	591-9345
Office Manager	
Marten McCready	736-4980

Grethe Winckler who all helped with the buying and preparation of the food.

This year's tours have been well patronized by the membership. So far this year a total of 112 members have gone on the various tours. This is just over half of our total membership, and the year is not yet over.

In the last Newsbrief we told you about our successful Casino nights. In talking to members it is obvious that many of you don't understand what this Casino money can and can't be used for. I have therefore asked Bob Douglas to explain this for us, and he has done this below.

Apart from the sizing problem, the jerseys have been a great success. We are getting ready to order another batch, and an order form will be included in the next Newsbrief.

I hope as many of you as possible will be able to come to the banquet and AGM at the beginning of November.

And finally, congratulations to our brave members who completed the tour across Canada last week. Cheers, John.

PRESIDENTS REPORT - John Philip

The end of summer is a good time to look back at some of the club activities we have been involved in this year.

I believe most of those who were there enjoyed the picnic on July 26th at Deer Lake Beach in Burnaby. This event was attended by about 60 members, and we spent most of the afternoon eating, socializing, and talking about past and future trips. We had hoped to have a swap meet at the same time, but for various reasons this didn't get off the ground. We will try to do better next year. We extend our thanks to Shirley Fisher, first for suggesting Deer Lake as a suitable venue for our picnic, and second for organizing the use of the site for us. Thanks also to Eva Folk, Bernice Gregory, Dorothy Philip, Kathy Wilkinson,

ANNUAL BANQUET

The annual banquet will be held on Friday, November 2 at the Ladner Community Recreation Centre starting at 5PM. Happy hour will start at 5:00 PM, dinner at 6:00 PM and music and dancing from 8:00 to 12:00 midnight.

Tickets for the banquet cost \$16.00 and must be purchased before October 26. Send cheques to the Office address above.

THE ANNUAL GENERAL MEETING

This will be held on Saturday, November 3 from 10:00 AM to 1:00 PM at Kinsmen House, 5050 -

47th Avenue, Ladner (opposite the Library). The agenda will be available at the door.

The directors of the Society are now inviting nominations of members for election to the 1991 board of directors at the Annual General Meeting.

All nominations must be accompanied by a resume, no more than 50 words long, describing the qualifications of the person to be nominated. The resumes must be submitted by October 1 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 the Society office.

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

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

SUMMER TOURS - John Philip

Several members assisted with the organization and running of the Sunshine Coast Tour in July, and the Cascade Loop Tour in August. We extend our thanks to Kathy Wilkinson who made the campground reservations, to Bob Douglas who looked after the money, to Albert Manser and Vic De Paul who helped with the truck, and to Leo Comeau who built the truck shelves, made the truck reservations and arranged the insurance.

The compatible groups who went on both tours, and the work of the cooking teams and the truck drivers were the main factors in contributing to the success of the tours.

THE BEAR DOGS - Eva Folk

From The Elder Statesman, with permission.

In June on the Dempster Highway, sunrise and sunset are very close together - around midnight - and it makes for a long day. We had been cycling since early morning, leaving behind the Cornwall River campground which we had shared with a group of bird watchers from Vancouver. The day before was a historic one for our group of 21 retired cyclists, for we had cycled across the Arctic Circle. Most of the morning we had spent climbing up and up, going through a pass in the Richardson Mountains. It was hard work as the Dempster Highway is gravel, but we made it to the top on our sturdy mountain bikes. And what a magnificent view for many miles in all directions! The land appeared devoid of all life,

nothing moved anywhere. There were a few wizened trees and some scrubby bushes. The raised highway stretched ahead forever and seemed an alien aberration on this land of caribou tufts.

In all this great quiet and emptiness, my partner and I were astonished to see far, far ahead on the road, two figures. This was grizzly bear habitat and we had heard a lot of scary stories but we didn't think these were bears. We took them to be wolves and our first inclination was to turn around and flee. But our way was forward and we kept going - cautiously. As we got closer, we could see they were standing still and watching us very intently. We slowed our pace but kept going, filled with apprehension. Suddenly they both started running swiftly towards us and it was too late to flee. We waited, our fear mounting. As they closed in we saw they were dogs and, to our great relief, they looked friendly. We stopped and spoke to them and it was plain that they were happy to see us. They were a lovely creamy colour with very thick hair, and about the size of a German shepherd - somewhat smaller than the usual northern work dog. They had been travelling a long way for they were panting and their tongues were dripping.

We set out again and the dogs followed with a steady long-distance gait. We couldn't imagine where they had come from because the last habitation - a construction camp - was 30 km back and there was nothing ahead of us. But we were delighted to have them along - what a charming diversion on a long empty highway! When passing a pool of water or a creek, they would run down off the highway and lap up a drink and come right back. We offered them a bit of left-over lunch which they examined very carefully, smelled, and very gently took from our fingers. These dogs were not familiar with cheese sandwiches. Sometimes the older dog would lift his head, ears cocked to attention, and then streak off into the bushes, the younger dog following. We don't know what they heard or saw but they never caught anything. If we had a fast downhill coast, we left them behind for a while but they caught up again. If we were labouring up a hill, they would trot ahead and wait for us. It was obvious that these dogs were used to running long distances.

And so the miles and time passed with our lovely companions keeping us company. They seemed to enjoy being with us as much as we enjoyed having them. When we arrived at our campground, a passing highways worker, recognizing the dogs, told us that they had come from the construction camp 80 km back and that they would go home next day. They slept in our camp all night and in the morning watched us leave but made no move to follow. The

'bear' dogs had had a fun day and in doing so had brightened our trip for a while.

AWAY WITH THE TOWEL - John Peck

It is a surprise to see the number of members who use a large towel while touring. A towel is a nuisance: it takes up room in your bag and it is always damp. I have seen tourers with a damp towel draped over the rear carrier in the hope that it will dry en route. This is an invitation for disaster. The towel can drop off and be lost, or worse still it can get tangled with the wheel while you are spinning downhill. Storing a damp towel in your sag wagon bag is not to be recommended, and if you store it in a plastic bag, you invite the formation of mildew.

Fortunately there are better ways. One solution is to carry one or more J-cloths. These are very light and inexpensive. After a shower you can dry yourself effectively with a J-cloth, perhaps ringing it out a few times. When done the J-cloth dries almost instantly, because of its open weave. Another solution is to use a synthetic chamois leather called a sport sponge. This comes in a small plastic box. It is highly absorbent, more so than a J-cloth. After drying yourself with a sport sponge, just ring it out and return it to its box. I have used a sport sponge at home for several months and find that it works well. Both of these solutions are much better than a towel.

BYCYCLE TOUR IN HUNGARY - Eva Folk

In June, five club members went on an enchanting bicycle tour in the emerging-from-communism country of Hungary. We were provided with mountain bicycles, and a van carried luggage, daily picnic lunch and any enfeebled cyclists (none). The travel was mostly on country roads through small villages whose main crop seemed to be flowers. Red poppies and blue cornflowers bloomed along the roadside. Every village had a resident stork with storklings in an untidy nest high up on a pole or an abandoned chimney.

We cycled by huge gaggles of white geese, past flocks of sheep, miles of sunflowers in bloom and lush crops of grain on the collective farms. We picnicked every noon in tree shade by a river or lake. Sometimes we cycled on a system of dykes which made us envious. We stopped to watch potters crafting fine ware. We went into cool wine cellars and sampled the vintner's best. We swam in hot-springs pools. We cycled to the Puszta (prairie) where we

rode a chuckwagon pulled by two fiery black stallions. We saw the white heritage cattle, the wild horses and the unique Hungarian sheep with wool-like strings. We stopped at village markets with its colour and noise. And everything always under a brilliant summer sun.

In mid afternoon we would arrive at our hotel and, after checking in, we explored the town in which we were overnighing. In the evening we dressed in our best and went to the elegant dining room where the head waiter was awaiting us. We toasted our good fortune with fine Hungarian wine, "Bikaver", to the strains of a Gypsy orchestra. Oh, those Gypsy musicians. How they charmed all the ladies with their soulful music!

The two weeks of this unusual tour in this charming country passed too quickly. Every cyclist should go on a bicycle tour like this once in their lifetime.

SUPER SASKATCHEWAN - Peter Jones

As the 1990 Cross Canada Cycle Tour drew to a close, I reflected on what I thought was the part of the trip I enjoyed most. This was the time we spent in Saskatchewan and I believe that, for me, this was due to a number of factors. First, as a group, we had learned enough of each other to feel comfortable together, but not so well as to allow individual idiosyncrasies to irritate. Second, was the warm hospitality we received from the people in Saskatchewan and the courteous drivers helped by the excellent roads and nice wide paved shoulders. Third, was the weather - we were out of the rain that plagued us in B.C. and part of Alberta, we had following winds and none of the bugs waiting for us in Manitoba, Ontario, Quebec and New Brunswick. The days were filled with delightful incidents, such as:

June 14: Ivan and I stopped for coffee in Delmas. The restaurant owner gave us coffee and phoned ahead to North Battleford to make sure the Chamber of Commerce knew of our stay there.

June 22: Ivan and I had coffee in Colonsay - were invited to join the cribbage game and were given town pins by the town clerk. It is interesting to see how the prairie towns developed around the railroad. The main street is at the back of town relative to the highway.

June 23: The seniors of Foam Lake provided a barbecue and an evening dance. The mayor personally installed temporary showers for us at the municipal camp ground.

June 24: A group welcomed us to Yorkton and provided refreshments for us all. That was also the day most of us were searching along the highway for Ivan's teeth, looking for a gopher with a big smile.

All in all a super time in Saskatchewan, and I hope others tell of other super times elsewhere. It has been a great way to see Canada and meet Canadians in this year of Meech and Oka and to confirm with those we met that this really is a great and magnificent country.

CASCADE LOOP TOUR - Eva Folk

There were 27 adventurous members on this tour with John Philip being the co-ordinator and help from Kathy Wilkinson. The first night everyone arrived at Hatzic Lake campground from various directions and as best they could. The next day's ride to Hope was a familiar one to most of us and the Hope campground felt like home. Leaving Hope, the road started climbing and it kept on relentlessly going up and up. Sometimes it was very steep and as the day rolled on the heat became intense. This was certainly a two-tea-stop day, and the second tea stop came just in time to save some of us from collapse and total dehydration. But we made it over Allison Pass.

Riding through the Okanagan in the early morning was very pleasant, but by ten o'clock the heat was building up and by noon it was searing. On the fifth day we crossed the American border at Nighthawk and arrived at Oroville on the lake and had a well deserved rest day. Going south to Omak it is desert and very little besides sagebrush, scrubby pine trees, cowboys and heat. It wasn't until we turned west that things started getting green again, with orchards and irrigated crops along the Methow river. At Winthrop we had the luxury of a KOA campground and we liked it so much that we voted to stay another day. Of course, that made the following day's ride to Newhaven an unprecedented 125km with a long, long steep switchbacky climb to 5820 foot Washington Pass. By the time we arrived in the late afternoon at the forest campground, we were back in coast weather, and sure enough, after supper it started raining. But we didn't care. We fell into bed and slept through lightning, thunder and rain after a hard day. The next afternoon at Concrete everyone was occupied in drying out their belongings. The campground at Lake Whatcom was very crowded being Sunday, so we were glad to leave very early in the morning for home. The 66 miles to home was again familiar and we peddled fast with a tail wind.

This was a tour of extremes - extreme heat, extreme height, extreme climate change, but also extremely

good food. Everyone participating in this tour must be considered a hero and should get a certificate or perhaps a medal.

FINANCIAL MATTERS - Bob Douglas

The last Newsbrief reported on our successful Casino event, thanks mainly to the efforts of Leo Comeau. Since then your directors have received several suggestions on how the funds could be spent. While the suggestions are welcome, I would like to remind members that casino expenditures are restricted by both the government's general gaming rules (e.g., service to the community, expenditure within the province, no recompense for operating casino) and by the objectives set out in our application for a licence. The headings we used were: office supplies, office rental and telephone, office equipment, camping equipment, teaching and training equipment.

In addition, our constitution limits expenditure to items that benefit the Society or the community as opposed to members' personal benefit. That is why you must pay for your personal items such as dinners, trip costs and jerseys. Finally, the Society, because of charitable status, has an obligation to spend certain amounts on activities that are either educational or of value to the community at large.

In summary, please continue to make those worthwhile suggestions, but bear in mind the general limitations and the fact that operating expenses such as rent, 'phone and postage have risen sharply in recent months. Your constructive suggestions will help us in applying for future funding.

WEDDING BELLS

Our best wishes go to Buffy Bush and Anker Gram who were married on August 18.

BUFFET CRUISE

We are invited to join the Vancouver Bicycle Club for a buffet cruise aboard S.S. Beaver on Thursday, October 11, 19:00-22:00, boarding 18:30. Adult \$30, Child \$15. RSVP by September 27 to Bruce Hainer 298-7060.

IONA BEACH - Verni Brown

I was at the official opening of Iona Beach Regional Park, along with Ken G. and Barb L. (representing BABC).

If you are planning to ride the official bicycle trail to the end of the jetty, allow plenty of time for the 8 or 9-km return distance, as the trail has lots of loose gravel and soft soil. The pedestrian trail on top of the outfall pipes is hardpacked and offers a better view to both sides, so you might want to walk to the end instead.

I spoke with two GVRD officials and hopefully they realize the bicycle trail will have to be improved a lot (asphalt or hard-packed with raised sections for better view) before cyclists will voluntarily choose to ride it rather than the pedestrian path.

WELCOME TO NEW MEMBERS

Art & Brenda Borron, 652-5990
1934 Genoa Place, RR3,
Saanichton, B.C., V0S 1M0.

Dyan Burnell, 888-7712
9372 - 213th St.,
Langley, B.C., V1M 1P8.

Brian Coates, 596-7297
#37, 11880 - 82 Ave.,
Delta, B.C., V4C 8C7.

Keith W. Clothier, 247-8914
RR 2, Site 22,
Gabriola, B.C., V0R 1X0.

Roy Cushway, (306) 343-7204
2140 York Ave.,
Saskatoon, Sask., S7J 1H8.

Will Hampton, 385-0490
3400 Cook St.,
Victoria, B.C., V8X 1B1.

William Lo, 436-3188
3518 East 25th Ave.,
Vancouver, B.C., V5R 1K2.

Don McIver,
617 - Silverdale Place,
North Vancouver, B.C., V7N 2Z8.

Wendy Pearson, 929-2623

2055 Hyannis Dr.,
North Vancouver, B.C., V7H 2E5.

Jack Sheppard, 463-6463
21902 River Road,
Maple Ridge, B.C., V2X 2C1.

Doug White, 926-9667
4023 Rose Crescent,
West Vancouver, B.C., V7V 2N6.

1990 TOURS

N.B. Payment for all tours should be addressed to The Treasurer, CCCTS, at the Society's office.

Kenya - February 7 to March 7, Completed.

Arizona - February 24 to March 11, Completed

Maui - Waikiki - March 17 to April 7, Completed.

Gabriola - Ucluelet - May 9 - 17, Completed.

Cross Canada - June 1 to August 31, Completed.

Sunshine Coast - Vancouver Island, Completed.

Cascade Loop - August 7 to 20,

Completed: Participants were: Ian Cassie, Neil Dobson, Bob Douglas, Eva Folk, Bruce Hudson, Anne Ives, Dan Kennedy, Norman Kjelson, Anne-Marie Labourdette, Ella Laramce, Albert Manser, Marion Orser, Victor DePaul, John & Dorothy Philip, Albert & Noreen Redford, Dennis & Freda Scolah, Bob Stevens, Roy Towler, Jack Wilcockson, Ray & Kathy Wilkinson, Tage & Grethe Winckler, Norman Wrigglesworth (27).

Tour de France - September 14 - October 26,
Ernie Addicott 922-0335.

Paris, Reims, Compiègne, Rouen, Caen, Mont St. Michel, Rennes, Nantes, La Rochelle, Bordeaux, and possibly elsewhere.

Gabriola Island - September 18 to 20
Dennis Parsons 383-2028
Martine Donahue 689-2743

Send \$35 to club office before September 11.

September 18 (Tuesday): Mainlanders catch the 7AM ferry at Tsawwassen to be later escorted from Swartz Bay to Brentwood to meet the Islanders and to sail across to Mill Bay. Ride into Duncan and regroup at McDonalds restaurant. Dinner will be waiting at Pat's log cabin on Gabriola.

September 19 is a day to explore the Island. Dinner will be served.

September 20 : Return home by the same route.

Waiting list after 32 people. All must bring tenting gear if one of the last to register. Don't forget eating utensils.

Cultus Lake - October 5 - 8, Leo Comeau 939-0392

Send \$32 to the office by September 15.

Oct 5: Leave from Coquitlam Park and Ride at King Edward and Lougheed at 8AM. Travel via Lougheed Highway through Mary Hill by-pass (United Way) to Haney, stop at McDonalds for coffee and rest (23km). From Haney to Abbotsford via Mission by-pass and bridge, stay on No 11 Highway to Abbotsford. We will stop there for a rest period and lunch. From Abbotsford take Old Yale, Lower Sumas onto Trans Canada Highway. Turn off at No 3 Road, turn right on Boundary (short distance), turn left on Yarrow Central Road, which becomes Vedder Mountain Road until you reach Cultus Lake Road. Turn right on Cultus Lake Road. This becomes Columbia Valley Road and goes by the camp site (the Honeymoon Bay Group A camp site).

Oct 6: Rest day. Cyclists may ride to Sardis, Chilliwack, which is not far, or swim etc.

Oct 7: Early rise for group ride on Columbia Valley Road, led by Don Neill (approx 30km). We should be back by noon to enjoy a good swim, browse around and have a barbecue in the evening.

Oct 8: Early rise, have breakfast and get on our way back home via the same route, with stops at Abbotsford, Mission and Haney.

Southern Arizona - November 14 - 29
Bernice Gregory 929-7533

Participants: Ken Brothers, Ian Cassie, Leo Comeau, Brian Curtis, Theresa Green, Bernice Gregory, Pauline Jorgensen, Andre & Frieda Kaufmann, Dorothy Kennedy, Mel & Betty Kerr, Anne-Marie Labourdette, Roy Makepeace, Wendy Pearson, Albert & Noreen Redford, Dennis & Freda Scoriah, Ted & Pat Stubbs, Irving Weiss (22).

Biking days: 13; distance: about 660 miles, 24 to 75 miles per day; Itinerary: Phoenix, Buckeye, Gila Bend, Casa Grande, Picacho Peak, Tuscon, Nogales, Rest Day, Sierra Vista, Bisbee, Cochise, Safford, Globe, Florence, Phoenix; Accommodation: motels; Meals: restaurants. Temperatures: Tuscon 43° - 75°F, Nogales 33° - 73°F.

1991 TOURS

New Zealand - March 3 to April 14.

John Philip 734-1398 and John Peck 538-0195

Participants (30): Katie Bateson, Buffy Bush, Ena Faynor, Shirley Fisher, Eva Folk, Ron France, Bob Jordan, Dan Kennedy, Dorothy Kennedy, Anne-Marie Labourdette, Harry Lang, Ray Merness, John Peck, John Philip, Dorothy Philip, Bill Powell, Albert Redford, Noreen Redford, Ted Stubbs, Pat Stubbs, Maurice Tanchak, Rose Tanchak, Roy Towler, Doc Watson, Tage Winckler, Grethe Winckler, Ray Wilkinson, Kathy Wilkinson, Faye Wilson, Norman Wrigglesworth.

Waiting List: Irving Weiss, Maria Kost-Smit, Dorothy Booth, Joan Enman, Gwyneth Moreside, Bob Stevens, Keith Clothier, Brian Coates.

There will be a meeting of all those interested at the Kinsmen Hall (near the Library) in Ladner on September 11 at 11AM to explain more details and to listen to suggestions.

VANCOUVER WEEKLY TRIPS

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

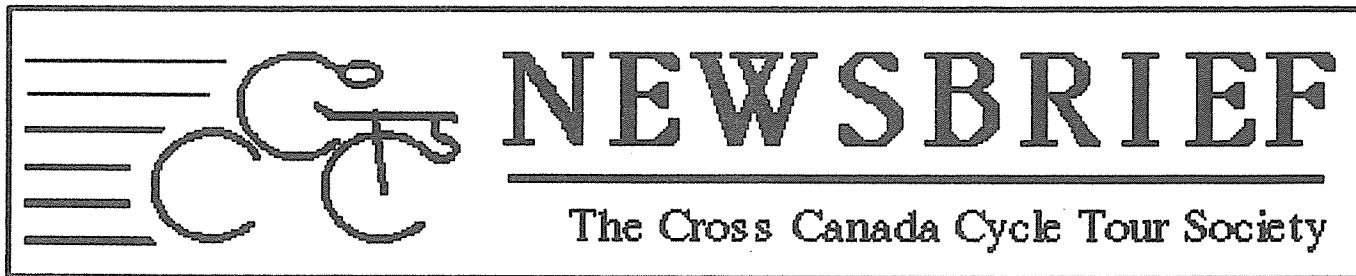
Tuesdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

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

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Burnside & Tillicum. Contact Dennis Parsons 383-2028.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-2028.



VOL. 7 NO. 9

October 1990

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 recreational cyclists.

President	
John Philip	734-1398
Vice-President and Newsbrief Editor	
John Peck	538-0195
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	266-5324
Membership Secretary	
Lynn Dick	261-5092
Equipment Manager	
Leo Comeau	939-0392
Social Convenor	
Eva Folk	591-9345
Office Manager	
Marten McCready	736-4980

ANNUAL BANQUET

The annual banquet will be held on Friday, November 2 at the Ladner Community Recreation Centre starting at 5 PM. Happy hour will start at 5:00 PM, dinner at 6:00 PM and music and dancing from 8:00 to 12:00 midnight.

Tickets for the banquet cost \$16.00 and must be purchased before October 26. Send cheques to the Office address above.

THE ANNUAL GENERAL MEETING

This will be held on Saturday, November 3 from 10:00 AM to 1:00 PM at Kinsmen House, 5050 - 47th Avenue, Ladner (opposite the Library), lunch will be served. The agenda will be available at the door.

THE EAST COAST - Katryn Jeronimus

This time we travelled in the Maritimes, which was quite an experience! Planning our trip was fun, and Hinda and I - and our bikes - took a plane and landed in Caslo New Brunswick on August 12. There we ran into some difficulties. After a frantic search, it became apparent that my luggage, except for my bike, was missing. It stayed missing until two days later, and I was forced to make a decision about either flying back home or outfitting myself with duplicate equipment, which was somewhat expensive, to say the least. However, I chose the latter, after all I am not a quitter and I did have my bike, the most important equipment of all. Thus I could join the group and try to forget about the awful start.

All 22 of us started out the next day, in pouring rain

PRESIDENT'S REPORT - John Philip

We are hoping that as many members as possible will come to the Annual Banquet on November 2, and also to the Annual General Meeting on the morning of November 3. These events are good opportunities for all of us to get together to meet our old friends, to compare notes about our activities during the past year, and to discuss our future plans for tours and trips next year.

Would you therefore please bring your ideas for future club activities to the Banquet and AGM. See below for the times and locations of these events.

and with head winds. Chilled to the bone, we sure were glad to see Al and his truck with warm coffee and snacks. It gave us strength to put up our tents while it was still raining, although not quite as much. Then the cooking team put up a nice meal which was enjoyed by all.

As the week progressed, the weather improved. Eventually we had strong tail winds which were used to our advantage, and otherwise we had a mixture of clouds and sun.

Next we arrived on Prince Edward Island - lobster country - on August 18. Four of us celebrated by having a gigantic lobster breakfast the next morning. From there I made a call to the west coast to wish my son "happy birthday". P.E.I. is as picturesque as I had been told; a province with rolling hills, sparsely populated and dotted with many square type of houses and farms. Our rest day was spent in Charlottetown on August 20. There we spent two nights at the University. My room mate informed me that she was getting claustrophobia from staying too long in a building; so back to our tents we went for the next phase of our trip.

On to Nova Scotia, a province which reminded me of B.C. somewhat, not so many mountains though and far fewer people. However the mosquito population was more than we bargained for. We sure used our repellants and some of us even equipped ourselves with repellent jackets. We saw that many Nova Scotians have a unique way of getting away from the mosquito invasions; they put up huge mosquito tents on their lawns. These are made entirely of netting and seem to keep the beasties out. It looked like the families practically lived inside these tents.

From Nova Scotia we travelled to Newfoundland, which we also found very interesting, especially the rock formations. We noticed that there are so few trees in comparison to B.C., and we could well imagine how cold and windy the winters there must be.

On August 26 we arrived in St Johns, cycling to the City Hall to have our pictures taken at MILE 0, the start of the Trans Canada Highway, as it was mentioned on the monument. For us it was the end of our trip through the Maritimes.

OREGON III - Shirley Fisher

The best bicycle ride in the United States is what its directors are aiming for and in my humble opinion they are on target in their third year of Oregon tours. It surely helps to be coordinated and produced by the

State Tourism Department and to have four big corporate sponsors. However, the improvements have been overwhelming and short of levelling off the Cascades, the support staff and communities along the way did a fantastic job for the 1850 riders.

We made our way to Portland Airport where our car went into economy parking, our bikes went on one of six Fred Myers trailers, and we boarded one of eleven buses heading for Pendleton. The bike ride was from the hot desert like country to Newport, taking us from Sand to Sea. Our evening entertainment in Pendleton was the opening parade for their annual rodeo

The first three days were to test our mettle with long winding hills, hot sun and little to no shade. We all had lots of time to get acquainted as we drank our way up the hills. The downs were also long and great! The host towns made up for the rigorous grind each day. The main streets were often turned into the Entertainment Centre and Beer Garden. All the county citizens worked in mass to keep us eating and transported hither and yon. Yes, you could book a local motel and get delivery of your baggage. The small communities like Antelope, population 50, had bag lunches and troughs full of cold drinks, but also bales of hay spread out for resting spots and violins to serenade the hungry locusts. Meals were served over a three and a half to four hour period so you really could choose your own pace.

My favourite day was Sisters to Sweet Home - 70 miles over the Cascades and through the forest to the best town in Oregon. Here they even wrote the post card for you, "just sign and address it, turn it in at dinner and we'll take care of the postage". Dinner started with background music and a reception line and guest book, as you entered the gym you were directed to one of fourteen serving tables.

While eating on the lawn we heard various music groups and the mayor's welcome along with prizes for some bikers. Later the community staged a country fair in an adjacent park. At breakfast the school cheer leaders gave us a rousing send off along with singing kindergarten children letting off helium balloons. What happy memories Sweet Home gave us.

Line-ups are inevitable with so many people for port-a-potties, showers, meals, bike repair, massages. We learned that timing is everything and on this score the C.C.C.T.S. group would have no problems, as the "early birds" we are. Speaking of our group, we could help boost up their averages, as the average age was 40. The oldest rider was 76 and the youngest was 6.

Last year our club had six members on this tour. Two of us returned in 1990 and we missed seeing

and sharing with our own biking family. This is an excellent tour that is bound to grow in popularity. The cost this year was \$400 Canadian. hope to see you on Oregon IV in September 1991.

DISHWASHING - John Peck

Where does the bleach go? In 3 or in 4? Anyone who has toured recently knows what this is about. It is a matter of debate, but really a matter of health. Some diseases can spread through a camping group and spoil a holiday, and there are ways to diminish this likelihood.

Dishwashing in public restaurants in British Columbia is regulated by the Ministry of Health. The Provincial Health Act, Sanitation and Operation of Food Premises, Division XII, Cleansing and Disinfection of Utensils, section 12.04 states:

Utensils for serving food shall be pre-rinsed or pre-scraped to remove gross food particles and soils, and

(a) (i) thoroughly washed with an effective cleansing agent in water of a temperature not less than 110°F,

(ii) rinsed in clean water of a temperature not less than 110°F, and

(iii) sanitized by any bacterial process approved by the medical health officer, provided that the final test for asepsis and cleanliness shall be free from pathogenic bacteria, chemical reagents and other foreign matter, or

(b) washed and sanitized by any other method approved by the medical health officer.

To support these regulations, the Ministry of Health provides a poster (HLTH 9010X) which gives more details of this process, including the instruction that dishes should be drained and not wiped. This presumably gives the sanitizing agent time to do its work.

While the Ministry of Health does not regulate CCCTS tours, it would be wise for us to heed their advice. Copies of the poster are available at the office.

BIKING ON THE SALTCHUCK - John Philip

If you didn't take part in the tour which wound its leisurely way in perfect weather up the Sunshine Coast and back down the east coast of the big island in mid-July this year you really missed out. In retrospect it was the bike tour that had everything, and because it lasted only nine days it was over while we were still enjoying ourselves, and also while we were all still talking to one another - I think. Rumour had it

that we were trying to establish a record for the shortest distance travelled on bicycles in nine days. I'm not sure if we made it, but it must have been a close thing.

However we are claiming the record for the greatest number of different ferry trips on a tour - most of us boarded ferries ten times, although those hardy few who went to Cortes Island on our day off did it twelve times. We realise we might get an argument on this one from the San Juan tour aficionados, but we are already planning to blow the record out of the water on the next Sunshine Coast tour.

Lorna Whyte welcomed us to her place on Quadra Island, and our rest day there will remain in our memories. It all started innocently enough with Norm Wigglesworth and his crew of skilled helpers installing the gutters on Lorna's house. This project stretched out for most of the day because it was interrupted by numerous coffee and tea breaks, and by an excellent two-hour lunch at the nearby Heriot Bay Inn. We had just finished this project - the gutters not the lunch - and preparation of the evening meal was underway, when someone arrived with the dramatic announcement that we had to evacuate to Campbell River because of an approaching forest fire. At first we all thought it was a joke, but then when the news was confirmed, panic was only averted by an utter lack of decision making by all concerned. Then the power and water was cut off, and since our salmon dinner was cooking on the house stove we had to fire up our camp stoves which slowed things down somewhat.

We got the message that it wasn't necessary to evacuate, and then we were diverted by the sight of BC's two remaining vintage Martin Mars water bombers, which are based at Sproat Lake, making several low passes over the house. The long streams of water trailing behind them indicated that they were on their way to the fire after picking up water.

It looked as if the fire was under control, but the excitement wasn't over yet, because just before we sat down to dinner we had to turn to and dry out a flooded bathroom. Someone had been filling the bath just before the water went off, and you can guess the rest. Believe me, it was a great relief to get back on the bikes the next morning, and get a rest from the rest day.

Another highlight of the trip was our stay at the Stevens' place in Courtenay. The turkey dinner provided by Bob and Joan during club visits to their house has become a tradition. Once again our hosts made us most welcome. We started eating and drinking as soon as we arrived at the Huband Road campground just after midday, and the festivities

didn't seem to let up until we left the next morning.

Our heartfelt thanks go out to Lorna, Joan and Bob for helping to make our trip a memorable one.

COOKIES - Eva Folk

On a bicycle tour, cookies are the staff of life. That thirty kilometre morning stop is the most anticipated happening of the trip. When the Budget is sighted at the roadside, we all yell "Yay!!!", and sprint with the last of our resources to get there. We park our bicycles, grab our mugs, and greet one another as we get our drinks. But the very heart and soul of these stops are the cookies. It doesn't matter very much what we have to drink, tea or coffee or hot chocolate or hot water, but we must have cookies. There are cream filled cookies, chocolate chip cookies, fig newtons, raspberry bars, maple leafs, chocolate marshmallow, chewy oatmeal, or granola bars, and we love them all. The absolute worst catastrophe that can befall a coffee crew is to run out of cookies. Those who are left without hurl invectives at the greed of those who went before and at the short-sightedness of the coffee crew.

Some cookie makers use sawdust in their recipe, so the purchasers of cookies must take great care in their choices so as not to be taken in. Sometimes the cookies have been broken in their packages. These can be used for cookie crumb dessert at night, but

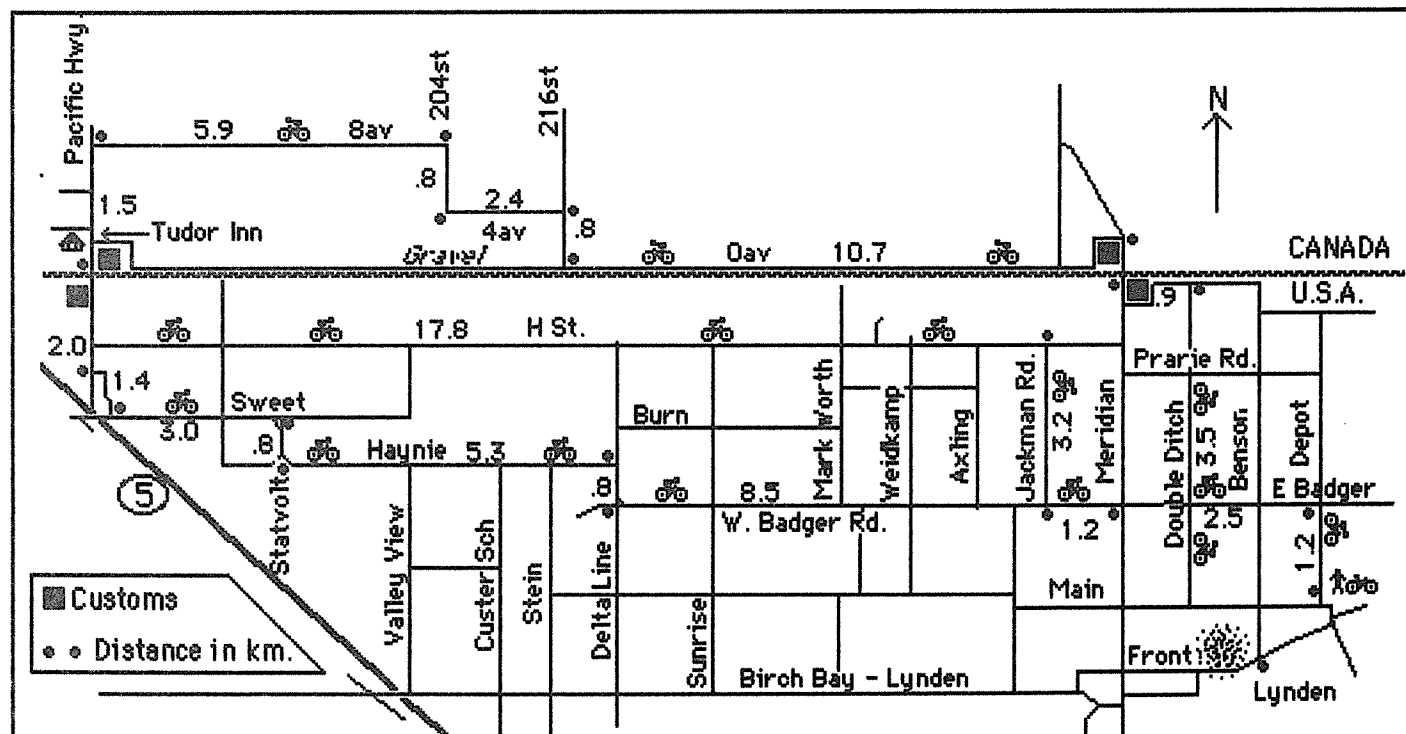
they are unfit for coffee stop and must be avoided. Cookies should be whole. Sometimes on a very special occasion in celebration of a very special event, we have assorted iced doughnuts, which are truly the elite of all coffee stops. But for ordinary working days, it is cookies every time.

So here's to more and bigger and better cookies to keep the cyclists moving along.

A DAY'S RIDE - John Peck

A popular 60 km day's ride is shown on the map. The route takes one from the Pacific Highway border crossing to Lynden and back. Park your car just north of the Tudor Inn. From there to Lynden there are two popular routes. The H street route, although hilly, is cooler in summer; in winter most prefer the Haynie, Badger route. The return is through the Aldergrove border crossing, along O Avenue and a diversion on 4th and 8th Avenues to avoid gravel.

There is a small park in Lynden where the Nooksack River crosses Depot Road. This is a pleasant spot for lunch. Lynden was settled by the Dutch and care has been taken to preserve this ambience. Front Street has a bicycle shop and several restaurants, one of which you will find under a Dutch windmill.



NOMINATIONS FOR DIRECTORS

The following have been nominated to stand as directors of the society in the election to be held at the Annual General Meeting on November 3.

* Indicates a director in 1990.

Elsie Dean: A member since 1987; tours: 1990 Cross Canada, Vancouver Island, San Juan Islands, Sunshine Coast. Travel experience includes Canada, United States, Mexico, Western and Eastern Europe and Soviet Republics. Experience working on boards gained as a school trustee and college board member as well as community organizations.

**Lynn Dick:* Member since 1985; tours: China 1987, Dempster Highway 1989, Arizona 1990; has cycled in Mexico and New Zealand; director and membership secretary 1990.

**Martine Donahue:* Retired airline booking clerk and translator; extensive knowledge of travel business; fluent in English, French and Spanish; member since 1987; tours: Sunshine Coast; Okanagan (twice) San Juan Islands 1988, South Africa, Kootenay Loop, San Juan, Santa Barbara 1989, Cross Canada 1990; director 1990.

**Bob Douglas:* Registered Industrial Accountant (R.I.A.); director and treasurer since 1982; organizer of several tours and participant in others; supports bicycling through membership in B.A.B.C. and Vancouver Bicycle Club; considers the society a worthy cause and is pleased to participate.

**Eva Folk:* Member since 1983; tours: part of Cross Canada 1983, Cross Canada 1986, B.C. 1987, Sunshine Coast, Okanagan (twice), San Juan Islands, Cuba, Dempster Highway, Kootenay Loop, Santa Barbara; regular contributor to the Newsbrief; director and social convener 1990.

**Marten McCready:* Retired high school teacher; member since 1982; participant in most club tours; director since 1983; tour co-ordinator Jasper - Vancouver 1985 & Cross Canada 1986; president 1986 and 1987; office manager 1990.

**John Peck:* Member since 1986; director since 1989; tours: China, Arizona (twice), South Africa (coordinator), Dempster Highway (coordinator), Santa Barbara, part of Cross Canada 1990; vice president and Newsbrief editor 1990.

**John Philip:* Member since 1984; toured Australia with the society 1984; director and Newsbrief editor 1988 and 1989; tour organizer of Sanata Barbara 1986, and 1989, Grand Canyon 1988, Sunshine Coast 1990, Cascade Loop 1990; president 1990.

Ian Polley: Retired Vancouver police officer; member since 1989; toured by bicycle in Europe, Cross Canada and Pacific Coast prior to joining CCCTS;

participant in club tours to Arizona, Gabriola - Ucluelet 1990; also drove the Cross Canada Tour support truck to Winnipeg 1990; regular rider on Sunday rides.

Noreen Redford: Retired nurse; tours: Vancouver Island, Prince Rupert to Prince George 1989, Cross Canada 1987, Australia 1988 (prior to joining CCCTS), Gabriola - Ucluelet, Cascade Loop, Gabriola 1990; regular rider on Wednesdays and Sundays in Victoria.

Gordon Rempel: Retired after 35 years in the Royal Canadian Navy as Medical Assistant, Laboratory Technologist, Medical Associate Officer - Microbiology; member since 1988; participated in three tours; long distance runner, aspiring triathlete, recreational cyclist since the advent of the derailleur shift.

**Ted Stubbs:* Member since 1986; regular participant in Sunday and Thursday rides; Santa Barbara 1986, Dempster Highway 1989; organizer of ski trips for North Shore Hikers and former representative to the Federation of Mountain Clubs of B.C.; past president of South Vancouver Kiwanis Club; director 1990.

**Eila Taylor:* Member, director and recording secretary since 1989; tours: Santa Barbara 1989, Vancouver to Winnipeg 1990.

**Roy Towler:* Member since 1982; tours: Gaspé 1985; Cross Canada 1986; Grand Canyon 1988; Kootenay Loop 1989, Kamloops to Thunder Bay 1990, part of Cascade Tour 1990; went on six week cycling tour in Britain 1987; director 1990.

DUES ARE DUE

Our fiscal year ends on October 31, hence 1990-1991 membership dues (\$20 single, \$30 family, Canadian funds) will soon be payable. Those wishing to pay at the annual general meeting please do so by cheque payable to C.C.C.T.S. The directors have waived 1990-1991 dues for those new members who joined during August, September and October.

MYTH

"I'm never going fast enough to really hurt myself. So I don't need a helmet."

Speed really has no bearing on how much damage you'll inflict on yourself if you're involved in an accident. You could be slowing down in a corner, not see

the sand on the pavement, and end up with a concussion, or worse.

1990 TOURS

N.B. Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that tours not advertised in the Newsbrief are not Society tours.

Kenya - February 7 to March 7, completed.

Arizona - February 24 to March 11, completed

Maui - Waikiki - March 17 to April 7, completed.

Gabriola - Ucluelet - May 9 - 17, completed.

Cross Canada - June 1 to August 31, completed.

Sunshine Coast - Vancouver Island, completed.

Cascade Loop - August 7 to 20, completed.

Tour de France - September 14 - October 26.

Gabriola Island - September 17 to 19, completed.

Participants (20) were: Ken Brothers, Brian Curtis, Roy & Dorothy Cooke, Martine Donahue, Eva Folk, Bob Forsberg, Russell Green, Katryn Jeronimus, Chris & Peter Kabel, Monti Moundrell, Dennis Parsons, John Peck, Noreen & Albert Redford, Gordon Rempel, Nick Roos, Connie Shaw, Molly Shepherd.

Cultus Lake - October 5 - 8, completed.

Participants (17) were: Leo Comeau, Ian Polley, Martine Donahue, Ken Brothers, Bob Douglas, Tage & Grethe Winckler, Norman Wrigglesworth, Dennis Parsons, Art & Brenda Borron, Albert & Noreen Redford, Gail Biggs, Connie Shaw, Bruce Hudson, Jim Wolff.

Southern Arizona - November 14 - 29
Bernice Gregory 929-7533

Participants (22): Ken Brothers, Ian Cassie, Leo Comeau, Theresa Green, Bernice Gregory, Jack Hook, Katryn Jeronimus, Pauline Jorgensen, Andre & Frieda Kaufmann, Dorothy Kennedy, Betty Kerr, Anne-Marie Labourdette, Roy Makepeace, Wendy

Pearson, Albert & Noreen Redford, Dennis & Freda Scolah, Ted & Pat Stubbs, Irving Weiss.

Those going by Alaska Airlines please send the remainder of your trip cost; others please send \$550.00. All cheques should be made out to the CCCTS and sent to the office by October 31.

1991 TOURS

New Zealand - March 3 April 14.

John Philip and John Peck

This tour is now full with a waiting list of 8.

Participants (30): Katie Bateson, Buffy Bush, Ena Faynor, Shirley Fisher, Eva Folk, Ron France, Bob Jordan, Dan Kennedy, Dorothy Kennedy, Anne-Marie Labourdette, Harry Lang, Ray Merness, John Peck, John Philip, Dorothy Philip, Bill Powell, Albert Redford, Noreen Redford, Ted Stubbs, Pat Stubbs, Maurice Tanchak, Rose Tanchak, Roy Towler, Doc Watson, Tage Winckler, Grethe Winckler, Ray Wilkinson, Kathy Wilkinson, Faye Wilson, Norman Wrigglesworth.

Waiting List: Irving Weiss, Dorothy Booth, Joan Enman, Gwyneth Moreside, Lee Kraft, Bob Stevens, Keith Clothier, Brian Coates.

There will be a meeting of participants on Tuesday December 11, so mark it now on your calendar.

VANCOUVER WEEKLY TRIPS

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

Tuesdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

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

VICTORIA WEEKLY TRIPS

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Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-2028.



VOL. 7 NO. 10

November 1990

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Martine Donahue	689-2743
Social Convener	
Eva Folk	591-9345
Office Manager	
Marten McCready	736-4980

catered to our banquets for several years now.

After dinner Al and Diana Lifton read a list of members who took part in this summer's tour across Canada, and then they presented certificates to tour participants who were at the dinner. The certificates listed the start and finish points and the distance cycled.

A draw for three door prizes was then made, and the first prize, which was a club jersey, was won by Eila Taylor. The other two prizes were won by Loma Whyte and Ted Stubbs.

Monty Maundrell then called on Leo Comeau to make the draw for a fourth prize. It turned out that the first two tickets (and all the tickets) had Leo's name on them. The prize was a fez with 'Leo the tent maker' embroidered on the front. This presentation was in appreciation of Leo's work in making our truck shelving and cooking shelters.

Dancing then commenced to music provided by John Comeau, and a good time was had by all until the last few members left just before midnight.

Our thanks go to banquet organizers Eva Folk, Leo Comeau, and Bob Douglas, to barmen Ken Brothers and Monty Maundrell, and to helpers Martine Donahue, Anne Ives, and Georgette Courchesne who all contributed to the success of the evening.

The annual general meeting, which was held on Saturday, November 3rd at the Kinsmen Hall in Ladner, was attended by 84 members and 3 guests. Contributing to the success of this event was the use of both a public address system (ably organized for us by Roy Towler), and an overhead projector on which we showed transparencies giving details of finances, membership and tour statistics, and maps showing the routes of some of next year's tours.

The meeting was followed by lunch for which we thank Eva Folk and her many helpers. I am sure they

PRESIDENT'S REPORT - John Philip

The annual banquet on Friday, November 2nd was attended by 115 enthusiastic members and guests. The Ladner Community Recreation Centre turned out to be a good choice for this function. The hall in the recreation centre had lots of space for dining and dancing, and it had a very useful built-in public address system.

Happy hour was followed by an excellent dinner prepared by Chef Marcel and his staff. Marcel has

will forgive me for not mentioning them all by name.

We extend our grateful thanks to outgoing directors Leo Comeau, Dennis Parsons, Bill Powell and Doc Watson for their service to the Society.

We will provide detailed coverage of the AGM in next month's Newsbrief.

DIRECTORS FOR 1991

At our annual general meeting on November 3, the following members were elected as directors of the society:

Elsie Dean, Lynn Dick, Martine Donahue, Bob Douglas, Eva Folk, Marten McCready, John Peck, John Philip, Ian Polley, Noreen Redford, Gordon Rempel, Ted Stubbs, Eila Taylor and Roy Towler.

OFFICERS FOR 1991

At the first meeting of the society's newly elected directors on Thursday November 8th, the following directors were elected as officers:

President	John Philip
Vice-President	Ted Stubbs
Recording Secretary	Eila Taylor
Treasurer	Bob Douglas

The directors also appointed the following:

Newsbrief Editor	John Peck
Office Manager	Marten McCready
Membership Secretary	Lynn Dick
Equipment Managers	Ian Polley
	Martine Donahue
Social Convener	Eva Folk

DISHWASHING - ONE MORE WORD -

Marten McCready

I was interested in John Peck's article in the October Newsbrief on dishwashing. When you consider the amount of camping our club does and the amount of cooking and dishwashing done, John did well to emphasize the necessity of following an approved sanitary procedure in this regard. Our club learned through bitter experience on our very first cycle tour how vital it is to have an effective method for washing dishes. By the time the tour reached the halfway mark on the Cross Canada Tour in 1983, nearly

everyone in camp had at one time or another during the trip some type of flu-like illness. We mentioned this to a Red Cross representative who came to visit us at camp. She observed our routine and, was appalled at our dishwashing arrangement and suggested an immediate change in our system.

For a group such as ours, she advised setting up four large basins filled with as much hot water as possible. The first basin should contain detergent and be used as a first wash to remove most food particles. The second basin should also contain detergent and because of the pre-wash, will remain relatively free from food residue to ensure a thorough cleaning of the dishes. The third basin should contain clear water with a cap-full of bleach to disinfect the utensils. And the fourth should only contain clear water for a final clean rinse. Needless to say, we adopted this proposal and our health problems improved dramatically.

All of this seems to agree with the directive John Peck received from the Ministry of Health, but section 12.04, [iii], needs a little clarification. It reads "...the final test for asepsis and cleanliness shall be free from pathological bacteria, chemical reagents and other foreign matter," which, of course, means that after the dunking in bleach in the third basin, and as bleach is a chemical reagent, a final clear rinse is necessary to remove all foreign matter. Hence, the proper arrangement is - two basins of soapy detergent, then a basin of clean water containing bleach, followed by a clear rinse.

Also, Poster [HLTH 9010X] which John cited, gave instructions that dishes should be drained, not wiped. John suggested this was to allow the sanitizing agent time to do its work. Not so! The sanitizing agent does its work immediately. It doesn't need the time to hold the little harmful critters, the microbes and bacteria, in a death struggle all night. They are zapped right away. The final clear rinse, therefore, is to remove the residual bleach and all those tiny carcasses. The real reason wiping is not advised is that a towel is rarely clean and after the first wipe it merely spreads contaminants. If wiping is necessary as it is in camp, then a clean paper towel should be used for each individual set of dishes instead of a dish towel.

You would think the above system would be most uncomplicated. But again, not so. We seem to have more difficulty with this procedure in camp than any other with perhaps the possible exception of deciding what time to get up in the morning. I suppose our trouble lies in the fact that some cooking teams give dishwashing a low priority and don't like to carry buckets of water. One bucket is often niggardly

rationed out to show an inch or so of water in the bottom of each basin. This is woefully not enough. Sometimes three basins instead of four are used to save on water required with the excuse the other basin is unavailable. But how luxurious it is when a conscientious cooking team member carries bucket after bucket of hot water from the shower, often some distance away, and fills up all the basins brim full and then adds detergent and bleach exactly where required!

Now if we can only get everyone to start at the right end and not yucky up that clean rinse water. Well whatever! Enough of all this! This all probably sounds like a tempest in a teapot. But, seriously, carelessness in this very crucial area could easily spread illness throughout the camp and spoil the tour for everyone taking part. It is of the utmost importance that everybody stays healthy on a trip and therefore proper cooking and washing routines should be observed and receive the importance they deserve.

TOUR DE FRANCE - Elsie Dean

The four participants in this tour, Ernie Addicott, organizer, Ken Grieve, Georgette Courchesne and Elsie Dean met at the Charles-de-Gaulle airport on Saturday September 14. We were very fortunate to have a young cyclist, Pierre Guyon, meet us, load all four bikes on top of his car and drive us to the home of Georgette's relative, Catherine Sellier.

On Monday morning two Parisian senior cyclists came to escort us out of the Paris suburb toward Reims in the north-east. We were loaded with all our personal needs for the next six weeks and we found the load hampered our progress, but our guides were patient.

On our own we used detailed maps to seek out the least travelled roads. Roads in France are very good and if one can stay on the district roads the traffic is slight.

After Reims we travelled west to Campiegne. There was a strong west wind and we decided to go south and east to the Loire Valley. We chose a route that would take us around Paris in the suburbs avoiding the mass of people and cars. (We went by train to the city and to Versailles). On toward Orleans staying in a hostel at Beaugency, to Blois, Tours, through all the beautiful grape fields, the smell of brewing wine, and the sights of châteaux, the sound of barking dogs.

Next we went south east to La Rochelle, on through the famous Bordeaux wine country of the Gironde and into Bordeaux.

After a short stay in Bordeaux, Georgette decided to go to Paris, Ken wished to continue his visit in the wine country, Ernie and Elsie decided to visit the Mediterranean coast.

We took the train to Marsailles. From there we cycled about 50 kilometres when heavy wind and rain made the going difficult, so we took the train to Nice. In Nice we stayed at a hostel overlooking the city and each day toured the area. We cycled the coast to Monaco (Monte-Carlo) and all the areas to the Italian border. The rugged coast gave us a chance to renew our hill climbing skills after all the gentle rolling hills and flat lands.

One rainy day we took the train into the Alps and stopped at an ancient village with new snow low on the mountain sides. This was a stark contrast to the coast with its warmth, palm trees, cliff dwellers, and opulent yachts.

We caught a 'plane from Nice to Paris and then home on October 26. For me this tour was an exciting adventure; what I have written is a mere sketch and I hope the other participants will tell you about the many eventful days we spent on the Tour de France.

A THANK YOU NOTE - Fran Kimmel

I am writing this on October 16th. The Calgary streets are slushy today, my kids are in their snow-suits, and the bicycles in the back yards are hidden under a pile of snow.

It seems like ages, not a mere six weeks, since I was struggling to get my bike out of its plastic bag at the Calgary International Airport.

I was commissioned last spring by *Readers Digest Inc.* to write the story of your group's 1990 Cross Canada tour. We decided it would be best if I joined the cyclists for the last few days of their epic journey. Al Lifton picked me up at the Sydney, Nova Scotia airport on August 23. (I've found Al to be extremely proficient at negotiating with airport staff regarding lost bikes and baggage. My bike showed up, amazingly, 24 hours later in Newfoundland.) On August 28th, Al delivered me pretty well intact to the St. John's, Newfoundland airport.

During those six days, while trying to keep up with my energetic companions, I learned an amazing array of things. I learned how to pitch a five-minute-assemble tent in less than an hour, get my eyes almost open and the adrenalin pumping before 6 a.m., gear up a hill without falling off my bicycle, and develop a liking for iced tea from a water bottle. I dis-

covered muscles I never knew existed and strengths I didn't know I could count on. I learned that age *truly* is a state of mind (*TRULY*) and that individual goals are more easily achieved with support. Perhaps most importantly, I was reminded that it's the craziest, most audacious schemes that often prove the most rewarding.

Aside from the cycling itself, the real challenge of this assignment has been to capture, in writing, the remarkable pioneer spirit and determination of the members of the Cross Canada Cycle Tour Society. Thanks so much to all those who have helped in my attempt. Thanks for sharing your time, your cycling expertise, your philosophies, your reflections, your jokes, your towel, and your coffee mugs with me. I am most fond of my new friends and wish you all the best!

Fran Kimmel, now a proud member of the Cross Canada Cycle Tour Society.

ADVENTURES WITH A FIRST BIKE

Roy Cooke

There are many ways to absorb a culture. One of the best and perhaps easiest is to get a bicycle, ride off and merge with the far distant horizon, to find out what's on the other side of the hill. That is what Roy Rogers used to do with his faithful friend Trigger and you can't do better than that.

I got my first bike in 1937 when I was seventeen. My home town was Lachine, Quebec. A friend a few years older was working in the local plant of the Steel Company of Canada. He was transferred to the Montreal plant and I was able to get his job in the office. This factory with about 200 employees produced a wide range of products from coat hangers to handles for paint cans and lard buckets. The Steelco plant also made gates, fence of all kinds, along with welding rods.

Part of my work was delivering the mail to all ten departments, morning and afternoon, and making sure it got to the right people, which was mind boggling in itself. I also had to do other sundry important jobs. Things like adding up the weekly production of cotter pins, using a hand operated adding machine. After a while one loses interest in knowing that the cotter pin department produced 242,000 pins two inches by an eighth last Monday morning.

Taking the job meant that I had to leave high school but that wasn't so tough, most of my friends were envious that I was working. Ordinary people didn't even think of university then. Besides we're talking

about big money. My pay was \$35 per month. The day began at 8:30 and I got every Saturday afternoon off. My title? Office boy.

My mother required most of my pay to put food on the table and help to pay the rent of \$12 a month for the flat. A lot of my friends had bikes and I wanted one too. I didn't want a used bike; only a new one would do, but there was no way to ever save even \$25 and the good ones were over \$30.

The only place I could make a deal was at Gameraff's store on Notre Dame Street. He sold floor covering, furniture, baby carriages and bikes. I have forgotten the name but it was new and it had wheels. The price was \$39. He threw in a ball to clinch the deal when I was hesitating. I paid a dollar every two weeks and it was all marked off on a card.

There were lots of adventures. For instance on Saturday evenings after dark a group of us would pedal slowly and noiselessly along the waterfront on Lake St. Louis. There was a gravel walk, lined with park benches, and a few lights. When an amorous couple was spotted who were sitting rather 'close', we'd let out a series of yells, screeches and whoops and then speed off into the surrounding blackness. I am told this type of interruption can be disconcerting at times. Behind us were screams, shouts and oaths.. such as *gol dern* and *gee whiz*.

One Sunday my friend Sam suggested we go for a real, long ride. So off we departed for Ste. Therese, a village in the foothills of the Laurentians and some thirty miles distant.

The warm August sunshine was a delight and little traffic made it fun. Not everyone could afford a bike in those days and few adults had cars. My bike still had its shiny, maroon, new looking finish after two months of ownership. But it had a few problems. The tyres weren't much good. They were like sausage skins. Usually there would be a flat every 15 miles, but as I remember, not every road was paved. On this particular safari, disaster arrived when we had done about 20 miles.

Away back then when I lived, so it seems, in Never, Never Land I didn't have much mechanical ability, and it hasn't improved since. I can't remember what happened on this particular day. A tyre split? The cones broke? or whatever. We were stuck, stranded, ship wrecked on a rural road with only an occasional buggy passing. Fortunately my buddy Sam who was bigger than I had a heavy, double barred bike. I sat on his back carrier, held onto my handle bars with outstretched arms. We were home-ward bound although it was ever so slow.

One of the happy memories is that I had a whole

week's pocket money with me: all of 25 cents. Hot dogs with ketchup, mustard, relish and toasted rolls were a nickel. A pepsi was a nickel too. It was a 12 ounce bottle and much bigger than any of the competition, and always ice cold. The radio jingle in the commercial went like this:

Twelve full ounces.
That's a lot.
Glug, glug, glug, glug,
Pepsi-Cola is good for you!

On the way we stopped at a hot dog, hamburger, potato frite emporium that one used to find dotting the Quebec roads. Those things were an institution as much as the church or the village curé. The dogs were done to a delicious golden brown and topped with fried onions, relish and mustard. Of course we had a Pepsi. Naturally I paid, after all Sam was doing the driving. As I fingered the five cents change I received from the twenty-five cents, my brain pondered with the problem of whether I should buy a Sweet Marie and halve it with Sam. But it was only Sunday and five days until pay day, so there was every reason to make my money last.

DEMPSTER MEMORIES - Spokeshave

A certain young lady from Sask.
Sat down by the Dempster to bask
In the sun. While there
She encountered a bear.
"How fast did she go?", you might ask.

CYCLE & RECYCLE CALENDAR 1985-1991-2002

This 11x17 Calendar, available from the Vancouver Bicycle Club, celebrating the bicycle as everyday transportation throughout the world, is a perfect gift for the cyclist who has everything, and a splendid daily reminder for public officials.

Call Verni Brown (275-9055) to place an order. \$9.00 each (\$10.00 if mailed).

SPORT SPONGE - Martine Donahue

We have sport sponges in stock. If you are interested, send \$10 to the office. These are very useful particularly on rainy days when towels fail to dry. If you are not familiar with them, here is how they work: a rectangular sponge chamois type fabric - use

it as face cloth, run warm water over it, ring it out, dry yourself, ring it out again and return it to its storage box.

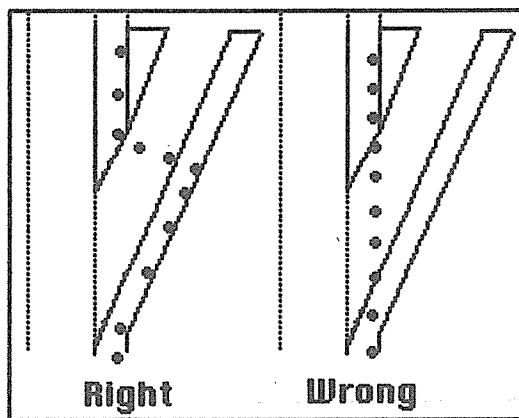
Editor: Those who complain that a sport sponge is cold and clammy, have not understood how to use it. Hang it round your neck while you shower so that it will be comfortably warm when you use it.

ROAD SENSE - John Peck

There is a popular misconception on how to handle a throughway intersection, i.e., a portion of the road where the motor traffic speed is perhaps 100 km/h and one approaches an exit. The misconception is that you should ride straight ahead, in order that your intention is clear to a following motorist.

But think about it awhile. The motorist is travelling nearly ten times your speed. Thus you occupy that ten metre stretch of exit while the car is travelling a hundred metres. The result is either that the motorist brakes suddenly, or swerves around you to make the exit in time.

The proper way to handle an exit is shown in the diagram.



You follow the shoulder, out of harm's way, until the inner shoulder is on your left. Then signal a left turn and look back to determine whether you can safely cross. Be sure that you signal well before you turn. A signal at the moment of turning is worse than no signal at all.

DUES ARE DUE

Our fiscal year ended on October 31, hence 1990-1991 membership dues (\$20 single, \$30 family, Canadian funds) are now payable. Please send your

cheque payable to C.C.C.T.S. to the Society's office. The directors have waived 1990-1991 dues for those who joined during August and September.

1990 TOURS

N.B. Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that tours not advertised in the Newsbrief are not Society tours.

Kenya - February 7 to March 7, completed.
Arizona - February 24 to March 11, completed
Maui - Waikiki - March 17 to April 7, completed.
Gabriola - Ucluelet - May 9 - 17, completed.
Cross Canada - June 1 to August 31, completed.
Sunshine Coast - Vancouver Island, completed.
Cascade Loop - August 7 to 20, completed.
Tour de France - Sep. 14 - Oct. 26 completed.
Gabriola Island - September 17 to 19, completed.
Cultus Lake - October 5 - 8, completed.

Southern Arizona - November 14 - 29
Bernice Gregory 929-7533

Participants (24): Ken Brothers, Ian Cassie, Leo Comeau, Theresa Green, Bernice Gregory, Katryn Jeronimus, Pauline Jorgensen, Andre & Frieda Kaufmann, Dorothy Kennedy, Betty Kerr, Anne-Marie Labourdette, Roy Makepeace, Wendy Pearson, Rae Wohlschlegel, Albert & Noreen Redford, Dennis & Freda Scolah, Ted & Pat Stubbs, Irene & Norman Thornton, Irving Weiss.

1991 TOURS

New Zealand - March 3 to April 14.
John Philip and John Peck

This tour is now full with a waiting list of 8.

Participants (30): Katie Bateson, Buffy Bush, Ena Faynor, Shirley Fisher, Eva Folk, Ron France, Dan Kennedy, Dorothy Kennedy, Anne-Marie Labourdette, Harry Lang, Ray Merness, John Peck, John Philip, Dorothy Philip, Bill Powell, Albert Redford, Noreen Redford, Ted Stubbs, Pat Stubbs, Maurice Tanchak, Rose Tanchak, Roy Towler, Doc Watson, Tage Winckler, Grethe Winckler, Ray Wilkinson, Kathy Wilkinson, Faye Wilson, Norman Wigglesworth, Irving Weiss.

Waiting List: Dorothy Booth, Joan Enman,

Gwyneth Moreside, Lee Kraft, Bob Stevens, Keith Clothier, Brian Coates, Rae Wohlschlegel.

There will be a meeting of participants on Tuesday December 11 at 10AM in the Long House of the South Delta Recreation Centre, 1720 56th Street, Tsawwassen (opposite McDonalds).

Alaska: - May 31 - June 22., Chuck Dick 261-5092.

Itinerary: Seattle, Anchorage, Little Susitna, Talkeetna, Byers Lake, Cantwell, McKinley, Summer Shades, Fairbanks, Harding Lake, Delta Junction, Fielding, Sourdough, Tolsona, Sheep Mountain, Moose Creek, Anchorage. Estimated cost about \$1200.

Those interested should contact Chuck as soon as possible, maximum 20; \$50 deposit before Jan. 10.

Other Tours: Tentative dates only:
Oregon (Ted Stubbs) May 11-25;
San Juan Islands (Bob Douglas) July 15-26.

VANCOUVER WEEKLY TRIPS

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

Mondays: Meet at 11AM at English Bay near Inukshuk Monument (pile of stones). Contact Martine Donahue 689-2743.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

Thursdays: Meet at 11AM at Community Centre in Ladner. Contact Bob Douglas 435-3893 or Al Hollinger 946-1347.

Fridays: Changed to Monday - see above.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Burnside & Tillicum. Contact Dennis Parsons 383-2028.

Mondays: Meet at 10AM at Beaconhill Park. Contact Connie Shaw 592-3570.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-2028.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 7 NO. 11

December 1990

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 recreational cyclists.

President	
John Philip	734-1398
Vice-President	
Ted Stubbs	321-2784
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	266-5324
Newsbrief Editor	
John Peck	538-0195
Membership Secretary	
Lynn Dick	261-5092
Equipment Managers	
Ian Polley	263-8798
Martine Donahue	689-2743
Social Convener	
Eva Folk	591-9345
Office Manager	
Marten McCready	736-4980

PRESIDENT'S REPORT - John Philip

As mentioned in the last Newsbrief the annual general meeting was attended by 84 enthusiastic members and guests.

An overhead projector was an interesting innovation at the meeting this year. As well as reading the usual facts and figures to our members we were able to make all those numbers easier to absorb by using transparencies to show them on the projector screen.

Our treasurer, Bob Douglas, started out by project-

ing the highlights from the treasurer's report. Details from this year's audited report will be given in a future Newsbrief.

Lynn Dick, our membership secretary, gave us membership statistics which had been generated from the computer by Marten McCready. We learned that each year we lose 10 to 15 members through attrition, but we gain 20 to 30 new members, so our membership is gradually increasing year by year. At the date of the meeting we had 228 members made up of 125 men and 103 women. The club now has 36 couples.

On our membership roll we still have 14 members who joined in 1982 for the original tour across Canada. Other members go back to the following years:

1983	10	1987	21
1984	39	1988	36
1985	13	1989	33
1986	25	1990	37 and counting.

Where do our members live? The following breakdown answers that question.

Vancouver proper	37
Victoria	26
Richmond, Ladner, & Delta	23
Langley, Surrey, & White Rock	22
Okanagan & Kootenay	19
North & West Vancouver & Lion's Bay	19
Vancouver Island (Other than Victoria)	15
Burnaby	8
Sunshine Coast	8
Fraser Valley	8
Port Moody & Coquitlam	6
New Westminster	4
All other provinces	20
Washington, Oregon & Colorado	9
England	1
New Zealand	1

The names of the members with the number of arti-

cles they contributed to the Newsbrief in the past year was shown on the screen by our editor, John Peck. He then showed us a graph giving the age range of our membership.

I then showed a graph which gave our total membership year by year since the club started in 1982. These numbers of members, which were taken from the minutes of past AGMs, were as follows:

1982	42	1987	158
1983	121	1988	193
1984	204	1989	201
1985	127	1990	228
1986	136		

The drop from 204 members in 1984 to 127 in 1985 reflects the big drop in membership after the Australia - New Zealand tour in late 1984. It was apparent at the time that many people joined the club just to visit those countries.

We now took up the subject of tours, and I projected the following list which gives the number of members who took part in our 1990 tours.

Kenya	2	Cascade Loop	27
Arizona	26	Gabriola	19
Hawaii	12	Tour de France	4
Gabriola-Ucluelet	36	Cultus Lake	17
Cross Canada	38	Southern Arizona	24
Sunshine Coast	27	Total	232

We then discussed future tours, and you will be learning about them as we publish them in the Newsbrief.

Our final major subject was the election of directors for the coming year. I showed a list of those members who had been nominated and their names and resumes published in a previous Newsbrief. The following list included the year each person first became a director, or the year 1990 for those four members nominated as a director this year.

Bob Douglas	1982
Marten McCready	1983
John Philip	1987
John Peck	1988
Eila Taylor	"
Lyn Dick	1989
Martine Donahue	"
Eva Folk	"
Ted Stubbs	"
Roy Towler	"
Elsie Dean	1990
Ian Polley	"
Noreen Redford	"
Gordon Rempel	"

As published in the last Newsbrief the above nominees were elected as directors.

We tend to think that our directors have been there

forever (sometimes it feels like it) but I'm sure you will find it interesting as I did to see that most of our directors were elected so recently. Since the club began in 1982 we have had 6 presidents, and 48 of our members have served as directors.

Merry Christmas and happy biking in 1991.

HIGHLIGHTS OF FRANCE

Georgette Courchesne

Many thanks to Ernie for planning the "Tour de France". On the morning of September 17th, four of us started our odyssey accompanied until lunch time by two French cyclists, 70 and 80 years of age, who were very helpful in getting us started on our way. These two gentlemen were very strong cyclists and we had to ask them to please slow down a little as it was our first day riding a loaded bike. Soon we became accustomed to the weight and were able to enjoy the cycling.

Peddalling along the Marne River with vineyards on both sides of the road, we followed the "Champagne route" to Reims. We stayed in a small village called "Ville-en-Tardenois" for three nights. From there we cycled to Reims to meet with two couples who were members of the "French Canada Association" whom I had been in contact with for some time prior to the trip. They were happy to meet us and show us around the country in their cars. We drove 400 kms that day to the northern part of France and were able to admire the Moselle River from different view points along the way. They brought us back to our lodging that night with lots of gourmet foods, French bread, cheese, and wine and we had a party together. Too bad Ernie was sick that day!

That first weekend, Pierre Guyon, a young Parisian cyclist who knew Ken Grieve, met us in Longpont. He cycled with us to Compiègne through a beautiful forest. Pierre had been very helpful to us, sending maps and information to Ernie before the trip. After Compiègne we decided to change direction, going southwest instead of west towards Rouen as first planned. Mornings were getting cold and the wind was a killer.

Our trip was different from other CCCTS tours in that there being only four of us allowed for complete flexibility. We stayed in several cities like Chartres, Tours, and La Rochelle a couple of days to sightsee. We visited some of the more famous castles along the Loire River and some wine chateaux going down the Medoc region.

The food was good and lunch was often an hour and a half affair. French people do not rush through

their food. We were told that there are 400 different kinds of cheese made in France. Cheese goes well with "baquettes" and wine. Everyday was an adventure. We met all sorts of people. Some wanted to know more about us and about Canada, and others were completely indifferent. Some actually laughed at us probably because of the way we were dressed. They were not used to seeing older people dressed in such a manner. The weather was good except for a few showers at the beginning of the trip.

We arrived at Bordeaux on the 14th of October and I left the group to meet my family in Paris. All in all we had a good trip covering 1500 kms, averaging 50 ks a day, but only touching a small part of France. I am dreaming of going back and cycling the Brittany coast next time. Anyone interested?

ROAD SENSE - Bob Douglas

Perhaps the "Road Sense" article in the November Newsbrief by John Peck, although timely and accurate, may cause needless anxiety so I would like to make this added comment. The risks seem unduly emphasized in that there are few motorists still living and driving at nearly ten times our modest 20 to 30 km/hr. Also, statistics show that cyclists' mishaps seldom involve vehicle collisions from the rear. While we all want safe rides, exaggerating the danger does not encourage confident participation in bicycling.

Therefore, the place where one crosses freeway exit lanes seems immaterial; the valid point was how one crosses, i.e., by signalling, looking to ensure that approaching vehicles are aware of your presence and turning your head to look at the motorist's face is more reliable than glancing in your mirror. On the rare occasion when crossing is impractical, one of our most experienced riders suggests using the exit and returning to the highway on the next entrance.

BE SEEN IN THE WINTER - Jack Wilcockson

The majority of us wear something that is bright while cycling in Spring and Summer. In winter, our garments reflect mainly our desire to be dry and warm. A recent accident, in which I was involved, drew forcefully to my attention the necessity of also wearing a fluorescent safety vest, or a very visible coloured jacket during the season of low light values.

This is what happened. A motorist, coming into a T-intersection and proceeding up the vertical stroke of the letter "T") was in the process of making a left

hand turn. It should be interjected that there is not a stop sign at this junction (50th and Heather, Vancouver), although the driving habits of many motorists make this observation somewhat irrelevant. Instead of circumscribing a normal quarter circle in his turn, the driver severely cut the corner to the extent that he was going some distance down the road on the wrong side. I was only a metre from the curb and not into the intersection when I saw this car coming straight for me. I yelled and pulled my bike closer to the curb. His speed was such that he did not stop until after the entire left side of my bike was grazed by the side of his car.

I was extremely fortunate in that my only physical problem was a temporarily painful left foot which was trapped between the side of the car and the bike frame.

Here is what is significant about this bizarre accident. I say "bizarre" because any fan of violence and drugs movies, witnessing the accident, would think I was receiving the attention of the hit man. At the instant that I was aware of this car bearing down on me, the driver was looking up the road in the opposite direction. There are two reasonable conclusions that may be made. First, this guy was in a hurry and second, he had already glanced to his left and saw no approaching auto (or me). Had I been wearing a shockingly bright garment, I would have stood a much better chance of being seen in that momentary glance.

Oh, incidentally, his ICBC policy took care of the \$400 repair job on my bicycle.

AND SO ENDETH THE SUMMER

Dennis Parsons

For the Victorians anyhow.....

We enjoyed many, many weeks of glorious sunshine. There were those such as Mario and Josephine who sought greener pastures and were rewarded as they crossed Canada, but they were caught under the watering can a few times. Peter and Chris Kabel sailed their summer away and were similarly rewarded.

But we who ventured not had it hot and beautiful. There were those among us others whose riding days were negated due to relatives arriving, gardens needing attention, and in the case of one, namely, Bob Forsberg, a boat to be prepared for summer and he is still working on it.

One day three of us managed to get away; Russ Green, Jim Wolfe and the writer. We set off for Sooke in silky warm sunshine. Approaching our des-

ination, I met Debbie Brown, a running friend, who invited us to drop in on our way back.

We stopped to have a pub lunch, then we popped in to have a beer with Debbie. She told us of her recent trip to Vladivostok to play as a member of the H.M.C. Naden Band when the Canadian Navy visited. We were told of an historical event before it was published in the newspaper. The first time a foreign fleet had entered that port in fifty years and the press thought it should be kept quiet, in the belief perhaps the cold war was not really over.

Debbie is mentioned here, as I know she will be one of us in thirty years or less.

We had hardly started our return trip again when we reached the 17 mile house watering hole, where Russ sighted his son's car in the parking lot. We went into the pub to discover he wasn't there. We left after a while to pick up a following wind that literally blew us home.

The Redfords proposed that a post Renfrew tour should be organized. Immediately. Albert and I did a reconnaissance in his van to note distances and conditions. We're waiting now for some tide table data before we set the dates. Keep interested!

To taste a little of this tour, five of us rode to Port Renfrew, 125km, one Friday, stayed a day to visit the Botanical Beach and rode back on Sunday.

It must be mentioned here that the scenery at Point no Point rivals anything found at Oregon or Big Sur.

Jim Wolfe, who hasn't much time to cycle with us, managed to ride out on Saturday and back on Sunday, with no ill effects.

The highlight of this trip was that at each break we had coffee and cookies waiting and a chance to relax in chairs while Brian argued with Russ, I argued with Albert and Noreen tried to counter Jim's assertions.

Of note should be the Hurricane Ridge adventure. It entailed a ferry trip to Port Angeles and a 19 mile climb to the summit, which is one mile above sea level. Doc and Russ made short work of it with Bob not far behind and with me trailing but not last. Noreen and Albert shared the honour. For all of us it was a glorious day with the wild flowers in full bloom and great vistas at each turn in the road. We picked strawberries and salmon berries on our way down.

We had time on our hands in Port Angeles and we were tying up our bikes outside a tavern when the owner rushed out and told us "That's no place for bicycles. Bring them inside!" I wonder if he'd be as considerate if we'd had dogs instead.

Our Sunday and Wednesday rides during the wonderful sunny days attracted fairly good numbers; we had eighteen out one day.

One Sunday, having tripped into the Highlands, we were speeding down Munns Road when, rounding a bend we ran into a steep uphill. "Ring down the lowest gear Manfred, and I mean right now". To our left was a mansion, alone in this wild country, with a vast lawn separating it from the road. Across this lawn came a turkey a-hurting. There is no sight more ridiculous than a hurtling turkey, especially when accompanied by "gobble, gobble, gobble". But he meant business and we were soon standing with our bikes between us and him.

This turkey was in the middle of the road holding us at bay, gobbling all the time when a car came around the bend and stopped. A lady leaned out of the window and yelled "Go home Ferdie, go home!". We discovered that Ferdie was a man oriented turkey and merely wanted to make friends.

Weeks later I asked Brenda if she had been with us when we met the Turkey. "Who do you mean?" she asked. Ferdie would have been proud to have been called a "Who".

RECIPES - WE NEED HELP - Martine Donahue

As most of you have been on tour and either headed a cooking team or were one of its members, you realize the need for variety in food. We would greatly appreciate your input by supplying us with your recipes, keeping in mind the limited time we have to prepare the meals and the tools we have for this. Please be kind enough to give us quantities for 20 people, as this is a good basis for the average number we have to feed. Please send your recipes to me.

Also could you please send to me suggestions as to tools we need to make life easier for the cooking teams.

BAJA CALIFORNIA - Lee Kraft

Anybody interested in going to Baja this winter? We're heading south, with our van and trailer, on December 27th, taking a couple of days in San Francisco and Los Angeles, arriving in Guerrero Negro about the 3rd. We'll then cycle down to Cabo San Lucas, the pace being somewhat between laid back and healthy. If something looks interesting, we'll stop and look at it; if not, the afterburners kick in. Camping mode, home cooking, to avoid the two-step, sag wagon. The price is being computed and should come in around US\$500 pp. Return on January 20, leaving Cabo on the 18th. We'll want to

get together ahead of time to plan out details. Give us a call at 206-371-2257. This is not a CCCTS tour; it is a Kraft's tour arranged rather quickly.

YET ONE MORE WORD - Martine Donahue

Further to Marten McCready's comments about dishwashing, I think that wiping your plate with a paper towel before dipping it in the first wash may result in a lesser amount of disgusting food particles.

THANK YOU - Bev Fitch

A special "thank you" to all of you at the CCCTS for your many attentions to Josh, your cards and calls and your thoughtfulness to me. Your memorial contribution in Josh's name to the Canadian Cancer Society is much appreciated.

ITEMS FOR SALE

There are still sport sponges for sale at \$10, bicycles for \$100, jerseys for \$45, helmets for \$15. If you are interested please contact the Society's office.

FINANCIAL ARRANGEMENTS

Most club members who have been on CCCTS tours are familiar with the manner in which their money is managed on trips. In case not, a copy is reproduced below. Your signature on a form at the start of a tour indicates your acceptance of these terms.

1. The basic principles are that the tour funds, collected by the Society's treasurer belong to the tour participants and will be turned over to the tour coordinator at the commencement of the tour.

2. The participants pay their own way, control expenditures, and decide on the distribution of unused funds after the tour.

3. The tour coordinator will act as the group's treasurer (or will appoint a competent group's treasurer) who will keep an accurate record of all money spent and will ensure proper receipts are obtained for all expenditures.

4. At the end of the tour, the group's treasurer will turn over all records and receipts to the Society's treasurer who will act as auditor of the accounts.

5. The Society will assist the tour by advertising the

trip, covering the cost of reasonable postage and telephone charges, supplying cooking equipment, some group camping equipment, and major bike tools. At the end of the tour the group usually makes a donation to the Society for the use of this equipment.

6. Participants will be informed by the tour coordinator, at the start of the tour, what the pooled funds will cover - such as food, camping fees, motel accommodations (if any), support vehicle, and return fares, etc.

7. Members who join the tour with the intention of going part way or who leave the tour before the end because of some exigency will be charged on a pro-rata basis.

8. Persons wishing non-standard items (i.e., not covered under part 6 above) will pay for these extra expenses and there will be no refunds for missed meals or days away from the tour. However, if the tour coordinator and committee alter the itinerary because of weather or road conditions, then the former itinerary becomes void and the expense of the new itinerary will be covered by tour funds.

9. If expenses exceed the estimated cost of the tour, participants agree to pay an additional amount calculated on a per person-day basis.

1990 TOURS

N.B. Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that tours not advertised in the Newsbrief are not Society tours.

Kenya - February 7 to March 7, completed.
Arizona - February 24 to March 11, completed
Maul - Walkiki - March 17 to April 7, completed.
Gabriola - Ucluelet - May 9 - 17, completed.
Cross Canada - June 1 to August 31, completed.
Sunshine Coast - Vancouver Island, completed.
Cascade Loop - August 7 to 20, completed.
Tour de France - Sep. 14 - Oct. 26, completed.
Gabriola Island - September 17 to 19, completed.
Cultus Lake - October 5 - 8, completed.
Southern Arizona - Nov. 14 - 29, completed.

1991 TOURS

New Zealand - March 3 to April 14.
John Philip and John Peck

The waiting list is now empty. If you would like to go, call John Philip quickly (734-1398). There may

be more cancellations.

Participants: Katie Bateson, Buffy Bush, Brian Coates, Keith Clothier, Joan Enman, Shirley Fisher, Eva Folk, Dan Kennedy, Lee Kraft, Dorothy Kennedy, Anne-Marie Labourdette, Harry Lang, Ray Merness, Gwyneth Moreside, John Peck, John Philip, Dorothy Philip, Albert Redford, Noreen Redford, Ted Stubbs, Pat Stubbs, Roy Towler, Doc Watson, Faye Wilson, Ray Wilkinson, Kathy Wilkinson, Tage Winckler, Grethe Winckler, Rae Wohlschlegel, Irving Weiss, Norman Wrigglesworth.

Oregon (Ted Stubbs) May 11-25.

Cost \$300, limit 30, deposit \$50 before Feb. 1.

Alaska Midnight Sun Tour: - May 31 - June 22.

Chuck Dick 261-5092.

The tour will take us from Anchorage, which houses half of the state's population, northwards to Fairbanks via the George Park highway and return to our starting point via the Alaska, Richardson and Glenn highways. These are all paved roads with most having good shoulders or, where lacking these, have low traffic volume. We will pass beside and through the Alaska range as we head northwards and will be close to Mount McKinley, the highest mountain on the North American Continent (6194m) as we take a rest day at Denali Park entrance. We have an option here to bus into the heart of the park to view its wildlife.

Fairbanks, a very modern city that started out as a wild and woolly mining town, will have much to show as we rest here for two days. River cruises, museums, excellent shops and the campuses of two universities as well as some night life will keep us well occupied. From here we head south-east along the famed Alaska highway, which will be 50 years of age in 1992, to Delta Junction, where we join the Richardson highway. We will head south through the Alaska range again through Panson, Tulkana and Glenallen before swinging west along the Glen highway toward the Talkeetna and Chugach mountains and the city of Palmer. The highest point on the Richardson highway is Thomson pass at 661m which is a narrow pass lined with waterfalls and lush green forests. Marshall pass is also crossed but at a lower elevation. Glenallen is situated at the western edge of the Wrangell - St. Elias National Park and the landscape is alternating green meadow and rugged mountain valleys. There is a musk ox farm we are told we shouldn't miss. Along the Glenallen we must watch for the land-locked Mamtanuska Glacier visible

from the highway. Palmer is the bread-basket yielding wheat, barley, oats, potatoes and vegetables, and the famous giant cabbages. We swing south on the return to Anchorage along the route we used going north. A side trip to the Eklutna historic Russian Orthodox church is a must.

Back in Anchorage there are a number of options in our three free days: the glaciers tour by boat from Whittier (a shuttle train takes us to the boat), an Alaska Railway train ride to Seward, which is 130 miles to the south (7 hour layover here and bikes can be taken at last word), or riding the 17 mile bicycle trail around the coastline or riding the many other bicycle routes. There is also the option of shopping for excellent quality Alaska native articles.

"... its the great, big, broad land way up yonder,
It's the forests, where silence has lease;
It's the beauty that thrills me with wonder,
It's the stillness that fills me with peace"

This is the trip! The estimated cost is \$1200. A \$50 deposit before January 15 please.

San Juan Islands (Bob Douglas) July 16-27.

Visiting Whitby, San Juan, Orcas, Shaw and Lopez Islands with support vehicle. Except for the first and last day, the riding is easy. Cost estimate is \$180.

VANCOUVER WEEKLY TRIPS

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

Mondays: Meet at 11AM at English Bay near Inukshuk Monument (pile of stones). Contact Martine Donahue 689-2743.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

Thursdays: Meet at 11AM at Community Centre in Ladner. Contact Bob Douglas 435-3893 or Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Mondays: Meet at 10AM at Beaconhill Park. Contact Connie Shaw 592-3570.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-2028.