



# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 8 NO. 1

January 1991

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.

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stop off in Hawaii on our way back from New Zealand for a few days to look at the Big Island as a possible sight for a future tour.

The sale of the second batch of jerseys has gone well so far. We still have 9 medium and 2 extra large jerseys left. You can get one by sending a completed form and cheque for \$45. to the office. Please make sure you order the right size.

Happy New Year and enjoyable biking in 1991.

## HI! TO CCCTS MEMBERS - John Hathaway

Time and time again I begin to write to the CCCTS, and for some reason it is not finished, but by heck this one will be, for Christmas is getting closer.

This year, the weather has been exceptionally dry, and even this autumn had only the occasional wet day. As winter draws near, we sometimes get a north wind, making 4PM onwards quite cold. After the doctor's diagnosis of heart murmur in April, my fitness left me, but began to return in June. In August I went to live with my sister in Coventry, 50km west. Since then it's been a 50 to 100km ride to Diane's place in Burton Latimer. I have ridden over 320km per week, with most routes decidedly hilly; at one village the road out was a 25% grade. Coventry - Banbury - Buckingham - Kettering - Lutterworth - Coventry has many hilly routes, but at least my routes are the easy ones, as I can skirt some of them.

Most good meals cost about \$7 to \$10, and I have managed to find new places that open only on week-days. Sunday is a bad day to find restaurants open, so one has to make do with pub lunches; no luck after 2PM. These stops are enjoyable when combined with many miles of minor roads that are virtually traffic free during the week.

Every 3 to 8km from Suffolk to Warwickshire, Leicester to the Chilterns and the Cotswolds, one

## PRESIDENT'S REPORT - John Philip

Those of us who live in the south-west corner of British Columbia hope that the unusually severe weather we have experienced over the last month is now history, and we can get back to biking. The prospective New Zealand tourists among us must now get out and become fit for the trip which starts in March.

Ted Stubbs, John Peck and I will be away on that trip from March 3 to April 21 and during that time Ian Polley will be acting as Chairman and Marten McCready as Newsbrief Editor. John and I plan to

rides through a village that can be spotted by the church spires and towers showing above the tree line.

Since the 50's the farmers have enlarged their operations by removing hedges and making small fields into large acreages, so that they can maximize production of crops. This means that for many miles cyclists are now denied shelter from winds - shelter which they enjoyed in the past. Now with mechanical hedge cutters, riders must be aware of the hawthorn twigs that may litter the road, even though the machines are shielded. No hedges and low hedges will in a few generations rob the land of topsoil. Already I have been buffeted by winds, especially in Cambridgeshire, due to no hedges.

Beside Diane, my riding partners have been the 40 plus who take a short mid-week ride to a pub for lunch. The Birmingham 60 plus arrange their mid-week ride to arrive at a non-food pub where they can eat their sandwiches.

The Coventry CTC section, whom I ride with, do an all day ride on Sunday, except in the winter when they get home for tea. Most other clubs, the stalwarts of the 40's and 50's, seem to have morning rides only. In fact, members of most clubs are motorists, who attend cycle events by car, do a race or a local ride, then go home by car. No one seems to ride to events, so no wonder not many people ride 12hr or 24hr time trials now any more.

Our main cycling event was a 5 day 400km to the "Fellowship Cycling Old Timers" in October with lunch in the Chiltern Hills. Diane and I rode to the Chilterns in mucky weather which cleared on the third day. Rode back to Oxford, stayed in the Youth Hostel, then rode home against a strong wind.

Two other week ends took us to Saffron Walden, Castle Hedingham and Cambridge.

Most roads wind their way from village to village, and the old A roads wind from place to place. No wonder Britain is actively building motor ways that by-pass towns, a construction project with an endless time limit. At what cost, only the future knows, and in an article yesterday the upgrading of a 128km stretch of motor way cost £200 million.

When Barry Monaghan came over in June to ride the North Road 24hr T.T., little did he know that his 578km would be the best North Road member's distance for 1990. So in November we went to the North Road dinner to accept his "Rose Bowl" trophy.

Although I came over here to resettle, the present recession in Canada, has reduced the value of the dollar against the pound, so it's costing me another \$100 just to live. If it gets worse after the GST, then economically I will be unable to remain here.

I will attempt to do 106km (66 miles) on my birthday January 13, and hope the VBC and yourselves do

the 66km.

Your Newsbrief is welcome mail, and the CCCTS must be the best Seniors' Cycling Club anywhere in the world, including here, the birthplace of cycle touring.

Wishing you all a wonderful Christmas and a happy New Year of (s)miles.

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#### PARTYTIME - Peter Jones

I know we all enjoy the time we spend on the bikes and most CCCTS members enjoy all the aspects of camping and although little is written of them, the parties that are a part of any tour have to be at the top of our priorities.

On the 1990 Cross Canada Tour we had a number of parties - to celebrate birthdays, anniversaries, meeting club members, and of course, to mark the successful completion of the trip. But at Portage La Prairie we joined in a party that has been going on for years. Faye Wilson's mother Amy lives in a community in Portage that has a "happy hour" every day.

They (the neighbours and Amy) were kind enough to invite us to pitch our tents in their backyards, have the use of their homes for shower, laundry, etc. and to join them in a real special "happy hour". We had a champion old-time fiddler, Doug Muirhead, and his guitar back-up to serenade us. After the jugs of home-made wine made a few rounds, we found surprising talents among our CCCTS members - Garfield on the recorder, Colin on the guitar, Ivan playing the violin like a cello, and all the rest with great singing voices. It was a great way to relax, meet new friends among the Portage group, and to get to know our fellow CCCTS cyclists a bit more. Boy! Could Irving polka in spite of his injured foot. It was probably a tribute to our hosts that we were a wee bit tardy getting going the next day (nothing to do with the wine, of course) and we were all reluctant to leave that friendly area and tackle the challenge of the Trans Canada Highway. Certainly the stay in Portage will remain a fond memory to all of us who were a part of the party.

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#### FINANCIAL MATTERS - Bob Douglas

We expect to have receipts for Income Tax purposes ready for inclusion with the next Newsbrief. That Newsbrief should also include a summary of our audited financial statements for the year end 1991 October 31.

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## OREGON IV - Shirley Fisher

Some of you may want to know the dates of the Oregon IV ride: 1991 September 8-14. For information contact Cycle Oregon IV, 775 Summer Street NE, Salem, Oregon, 97310. If you write there, registration forms will be mailed in May.

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## THE LAST WORD - Eva Folk

There seems to be a lot of controversy about the proper way to wash dishes. I would like to suggest that if everyone licked their dishes clean, there would be no need for all that hot water, soap, bleach or J-cloths. The time saved in not standing in line for dish washing could be used to go hiking, more cycling or sightseeing. The kitchen crew could wash out the cooking pots very quickly and be finished their duties in a reasonable length of time, instead of well on into midnight. There are those who say that licking dishes is not efficient. All you have to do to disprove this is to look at the cat. Have you ever seen anything cleaner, shinier or more sleek than a cat? The cat does it all with its tongue, from head to tail. Since a human tongue is much larger than a cat's, it is reasonable to assume that it is more efficient. There are others who would say that this method of cleaning dishes would not be approved by the Public Health Department. I really don't see how they could object. After all, the tongue is the original cleaner as supplied by mother nature.

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## THE TEN TOUGHEST HILL CLIMBS

John Philip

Most of us can remember when climbing a hill on a bicycle was a big deal. Often we made a mountain out of a molehill, but now that we have had lots of practice and have gained more experience the hills don't seem so tough - we've now turned the mountains into molehills.

Before its all forgotten this might be a good time to collect and record in one place the ten best (or worst depending on your viewpoint) hill climbs which club members have accomplished during tours and trips in British Columbia, Washington, Arizona, and Hawaii.

Except for the Maui and Hurricane Ridge trips each climb was part of a day trip which covered between two and three times the distance of the included hill climb. I have omitted the times taken for most of the climbs, and I had to guess some of the distances, because careful records were not always kept of some of that information. Perhaps we can keep better

records of future hill climbs.

My rough guidelines for including a hill climb were an elevation gain of at least 3,000 feet in a distance of 30 miles or less in a time of several hours during one day's trip. I realise I may start arguments since my list may have some glaring omissions, so let me know about any other significant hill climbs which members have done during a CCCTS tour or day trip. However I will need starting and finishing elevations and the approximate distance travelled before your molehill will be considered for the CCCTS Hall of Fame. I would also appreciate hearing about any errors in the numbers given below.

I make no apologies for giving the heights in feet and the distances in miles. I don't know about the rest of you, but I still think in those units and probably always will.

1. 1989 Kootenay Loop tour in B.C. - Christina Lake at 1,495 feet to Bonanza or Paulson Pass at 5,036 feet - an elevation gain of 3,541 feet in 19 miles.
2. 1985 and 1987 B.C. tours - Castlegar at 1,443 feet to Bonanza or Paulson Pass at 5,036 feet - an elevation gain of 3,593 feet in 22 miles.
3. 1990 Cross Canada tour - Othello Tunnels Campground near Hope at 440 feet to Coquihalla Pass at 4,067 feet - an elevation gain of 3,627 feet in about 25 miles.
4. 1990 Cascade Loop tour (B.C. section) - Hope at 140 feet to Allison Pass at 4,435 feet in Manning Park - an elevation gain of 4,295 feet in about 30 miles.
5. 1990 Arizona tour - Winkelman at 1,972 feet to El Capitan Pass at 4,983 feet in the Pinal Mountains - an elevation gain of 3,011 feet in 24 miles.
6. 1988 Grand Canyon tour - Kanab, Utah at 4,925 feet to Jacob Lake at 7,921 feet on the Kaibab Plateau in Northern Arizona. My diary records that we went down about 300 feet in the first 14 miles out of Kanab, giving an elevation gain of about 3,300 feet in 23 miles.
7. 1988 Grand Canyon tour - Cameron, Arizona at 4,200 feet to Desert View at 7,450 feet on the south rim of the Grand Canyon - an elevation gain of 3,250 feet in about 30 miles.
8. 1990 Cascade Loop tour (Washington section) - Mazama at 2,275 feet to Washington Pass at 5,477 feet on the North Cascades Highway - an elevation gain of 3,202 feet in 17 miles.
9. Day trips in 1988 and 1989 - Port Angeles, Washington at sea-level to Hurricane Ridge at 5,225 feet in Olympic National Park - an elevation gain of 5,225 feet in 19 miles.
10. 1990 Maui tour - The trip to the summit of Haleakala Volcano at 10,203 feet was accomplished in

two days as follows:

March 20 - Paia at about 300 feet to Hosmer Grove Campsite at 7,030 feet - an elevation gain of 6,730 feet in a distance of 21 miles. However on the second half of this trip the group climbed 4,457 feet in a distance of 11 miles in about 3 hours.

March 21 - Hosmer Grove Campsite at 7,030 feet to Pua Ulaula Lookout on the summit at 10,203 feet - an elevation gain of 3,173 feet in a distance of 9 miles in about 3 hours.

I want to thank Vic DePaul for the information on the Mauitrip.

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## CARING FOR YOUR BIKE - Marten McCready

Once a year, your bicycle deserves a complete overhaul in which all moving parts are taken apart, cleaned, inspected, lubricated, and then reassembled and adjusted. If you can not do this work yourself, you should take your bike to a competent bike shop and the easiest time to get this work done is in the winter. You will want your mechanic to look at all the components of your bike that you don't normally check on your regular daily maintenance.

This will be a good time to have him examine the frame's alignment, especially the front forks, for any slight twists or bends. This damage could have been caused by hitting pot holes or curbs. Also the rear stays of the frame may be pushed to one side so they do not line up with the front triangle. These damages are not necessarily the result of collisions with cars or immovable objects but are often caused by the bike falling over too many times when parked, being jammed tightly together during truck or air travel, or being heavily loaded when riding over rough roads. A good mechanic can spot these distortions and usually make the necessary realignments.

The most important part of your bicycle is the brake system because your brakes must work properly for your own safety. Brakes are made up of three parts which need attention - the levers on the handlebars, the calliper units that squeeze the wheel rims with rubber blocks, and the cables that connect the levers to the callipers.

The levers on the handlebars must be placed so that they can easily be reached. Strange as it may seem, some ladies with small hands have difficulty reaching the levers effectively and accept this condition as a normal woman's problem and try to get by the best they can. Don't accept this! Brakes must be within easy reach at all times. If they are not - get them moved or changed. There are brake lever positions that are designed to fit the needs of all cyclists.

As for the callipers, they have fine adjustments that

require no tools and every cyclist should know how to move that part called the "adjusting barrel" to make small changes as needed during daily check-ups. However, a competent mechanic during a yearly inspection will set up the brakes so minor adjustments of this kind are usually all that's necessary for some time.

It is the cable that is most likely to show wear and should be replaced immediately if frayed. A good test is to squeeze the levers as hard as you can - you will not damage anything. If you do, it means that whatever is damaged should be replaced anyway. You should not be able to squeeze the levers on a properly adjusted brake system so that they will touch the handlebars.

And, in addition, what is really a major part of the braking system is the condition of the wheels. Wheels should spin freely with no wobble (at least not more than 1/8 of an inch). Hitting pot holes with under-inflated tires could cause dents in the rims that will seriously affect your braking power. Therefore the condition and repair of the wheels is another requirement that should not be overlooked during this off season check-up.

Other tests normally done at this time which, although not quite as crucial for your safety, are still important for your peace of mind on next summer's trips. These will include measuring the chain for stretching, checking the wear of the gears and rear cluster, and inspecting the derailleurs. Many of these items are best replaced when worn beyond their useful life. Doing so should make for trouble-free cycle tours when the weather improves and all you have left to do is to enjoy yourself.

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## CHOLESTEROL - Eva Folk

I remember how good bacon and eggs used to taste. I remember the rich taste of warm apple pie with a big slice of nippy cheese or a scoop of ice cream. These and other good tastes are only a memory now because about 1979, or so, cholesterol was discovered. Prior to that, everyone could drink and smoke and eat anything around with never a care. But since the discovery, we can no longer eat any delicious food for fear we will end up blocking our cardio-vascular system. Our cholesterol levels are monitored in doctors' offices where they are carefully tabulated and filed. Should there be a rise, we are overcome with guilt and try to remember what forbidden morsel was the cause. If the level has fallen, we feel gratified at having made those culinary sacrifices. You would think that cyclists, being very energetic, would not be subject to this condition. But no, the insidious

cholesterol level does not differentiate between active and sluggish, young or old, men or women, plump or anorexic. It's all in what is eaten. Anything tasty is bad and anything awful, like wheat bran, is good. I think life was much better before cholesterol was discovered.

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## LOELLA REPORTS FROM VICTORIA

Albert Redford had an operation which kept him off his bike, but did he ride much less than we did with the weather we've had?

The clouds lifted one Sunday, enough to let Brian Curtis put in three hours of solid riding. This, after being out of the saddle for six weeks.

Connie gave us a good party early in December. Brenda and Art Borron invited the Wednesday Group to lunch. Unfortunately the hostess rode out to meet us. She took a different road, so we arrived and had to wait outside with the dog inside unable to get out to bite us.

Mario and Josephine are putting on a party on January 25, and we have another at the Genghis Khan February 25. The restaurant will be ours exclusively which allows us to throw plates and pies without involving innocent bystanders. Members are invited to bring guests.

You may have noticed that Gordie Rempel was not at the AGM, where he was elected a director. He was busy leading his running team, called the plodders, to last place in a relay race near Vancouver. He had predicted that they would get in at dinner time, and they did.

Rae wants everyone to learn to pronounce her surname, then she is going to change it.

Peter Kabel was seen poring over the tide tables for CCCTS. Come to Port Renfrew to find out why.

Gabriola 1991 will be May 28-30.

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## MEDICAL INSURANCE - Roy Cooke

How many club members go across the U.S. border without medical insurance? The inadvisability of this practice was recently emphasized in a news item about a young Vancouver couple who were involved in a serious auto accident while on a visit to Washington State. Their medical bill came to thousands of dollars and as they had no insurance, someone will therefore have to come up with the money.

On the several occasions that I have travelled to Port Angeles on one-day trips with the Victoria members,

I have always bought insurance. There are no one-day policies; the minimum is four days. Yet accidents can happen on a ten minute bike ride. Eighteen months ago I fell off my bike and was out of the emergency ward in three hours and only paid \$30.00 for the ambulance. In the United States the total cost would have been well over \$1000.00. The B.C. medical plan only pays fees up to what is allowed in this province for doctor or hospital services and the difference in this amount and the actual costs in the U.S. could be thousands of dollars. For some of our members this could be a traumatic and complete disaster. What happens in such a case? Does the club write out a cheque to help out? Is the hat passed around? What is the club policy?

Fortunately, there are insurance policies available on a yearly basis for those making a number of short trips out of the country each year or insurance can be purchased separately for each trip.

There are many people who have never been sick or had an accident either in Europe or the U.S. Even if their medical insurance is adequate, they are lucky. However, it doesn't make sense to push one's luck to save a few dollars.

(Club policy is that each member on a tour is responsible for all of his or her own expenses including medical insurance. If a member fails to obtain medical insurance, then as you say, "it doesn't make sense to push one's luck". Editor)

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## TRAVEL PROTECTION PLANS - Lynn Dick

The following by Ron Gaines of the Medical Services Association may be of interest to those members who have the MSA Extended Health Care Plan.

Before leaving for a holiday outside of Canada, you should take stock of your health care plans. The Provincial Medical Services Plan and B.C. Hospital Plan will only cover a small part of the out-of-Canada hospital and medical expenses which can, and do, run into thousands of dollars for the unprepared traveller. It is also important to note that the B.C. Pharmacare Plan does not provide for payment of prescription drugs purchased outside of B.C.

For those persons covered by the MSA Extended Health Care Plan, it should be noted that the plan is primarily designed to cover in-province expenses. Out-of-province expenses are covered in acute emergency cases only. The Extended Health Care Plan is limited to a total lifetime benefit of \$25,000. It becomes important, therefore, that you consider purchasing additional travel insurance when leaving the

province. Most insurance company travel plans, other than the MSA Travel Protection Plan, will endeavour to recover a percentage of paid claims by assessing your MSA Extended Health Plan for part of the incurred expenses, which in turn reduces your Extended Health Benefits lifetime maximum protection. The MSA Travel Protection Plan does not reduce this protection.

MSA can be contacted at 737-9535 or toll-free at 1-800-663-9163.

(There are many ways to get medical travel insurance, some people buy it with house insurance, others through a credit card, yet others through the BCAA, so it is jungle you have to explore yourself. Be sure you read the fine print. Editor)

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## 1991 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. Uncertain dates are followed by "?".

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

Participants: Katie Bateson, Keith Clothier, Joan Enman, Shirley Fisher, Eva Folk, Dan Kennedy, Lee Kraft, Dorothy Kennedy, Mel Kerr, Anne-Marie Labourdette, Harry Lang, Ray Merness, Gwyneth Moreside, John Peck, John & Dorothy Philip, Albert & Noreen Redford, Ted & Pat Stubbs, Roy Towler, Doc Watson, Irving Weiss, Faye Wilson, Ray & Kathy Wilkinson, Tige & Grethe Winckler, Rae Wohlschlegel, Norman Wrigglesworth.

Note: New Zealand participants send your post-dated cheques to the office. Date cheques for final payment February 8. Don't forget the meeting on February 7 at the Long House of the South Delta Recreation Centre, 1720 56th Street, Tsawwassen.

Participants already know the itinerary, but others may be interested, so here is a sketch of it: Dunedin, Te Anau, Queenstown, Wanaka, Lindis Pass, Christchurch, Kaikoura, Wellington, Palmerston North, Wanganui, Turangi, Rotorua, Hot Water Beach, Coromandel, Auckland.

**Alaska Midnight Sun Tour May 31 - June 22.**  
Chuck Dick 261-5092.

Members interested in participating should contact Chuck or, after January 23, Vic De Paul 228-8218.

**Oregon May 11-25.**

Ted Stubbs 321-2784.

Cost \$300, limit 30, deposit \$50 before Feb. 1.

**Gabriola Island May 28-30.**

Dennis Parsons 383-2028.

**Cultus Lake July 2-8.**

Leo Comeau 939-0392.

**San Juan Islands July 16-27.**

Bob Douglas 435-3893,

Visiting Whitby, San Juan, Orcas, Shaw and Lopez Islands with support vehicle. Except for the first and last day, the riding on this trip is easy. Cost estimate is \$180.

**Port Renfrew (Dennis Parsons) August 5-14?**

Saltspring Island, Chemainus, Qualicum Beach, Cowichan Lake, Fairy Lake, hike on West Coast Trail, French Beach, Malahat and home.

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## 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.

**Wednesdays:** Meet at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

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

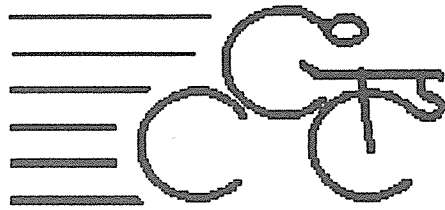
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## VICTORIA WEEKLY TRIPS

**Sundays:** Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-2028.

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

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## ARIZONA TOUR - Leo Comeau

On departure for the Arizona tour, fourteen decided to go by 'plane from Bellingham and take advantage of very reduced air fare. Another seven chose to go by other means, and two were already staying in Florence. There were no inconveniences as a result, and all met at the Best Western Airport Inn on the 14th, except for Rae Wohlschlegel who arrived by bus the next day and joined us at Buckeye for our first night in a motel. We were all there in plenty of time to visit the town and to organize ourselves for the next day to Gila Bend. This is where we experienced thorns in our tyres and too much pressure in them on a hot day.

Gila bend is a quaint little community, a mixture of farming, railroading and tourism. We had ample time to visit, explore and socialize before moving on to Casa Grande. The road to Casa Grande was excellent with mile upon mile of cotton fields, endless irrigation ditches and thorns any place where there is grass. You can also pick up thorns in the cracks of the pavement where the wind has blown them. After a few more flats we arrived early and had lots of time to visit the city with its beautiful main street, good shopping centres, eating places and a very good bike shop.

The next day to Picacho was a short ride and we arrived early. It was almost like having a day off. We had time to celebrate a few birthdays (the November ones) and visit Picacho Peak, a tourist attraction for hikers and outdoors people. Here you can purchase an assortment of nuts, pecans, picachos and others, as this is "Picacho Country".

From Picacho to Tucson was a long ride but very agreeable. As we entered Tucson we were met by Rose and Maurice Tanchak who were touring around Arizona. It's always nice to meet someone from home and to spend a few moments in reminiscence and exchange of greetings. After looking over our road

## PRESIDENT'S CORNER - John Philip

The semi-annual general meeting will start at 11:00AM on Wednesday May 1st at Kinsmen House, 5050 47th Street, Ladner (opposite the library). This will be an informal meeting with agenda available at the door. Lunch will be served.

At the February meeting of the board of governors, Leo Comeau was invited to become a director for the remainder of this year, and he accepted.

Over Christmas Grethe Winckler slipped on the ice, cracked her skull and broke a bone in her neck, so has worn a neck brace for two months; Katryn Geronimus broke a wrist and thumb while skiing; and Mel Kerr fell in the kitchen and hurt his back. Get well soon all of you.

maps etc. I carried on into Tucson and soon found myself in familiar surroundings as this was my fourth time in Tucson, coming in from different directions each time. Here we stayed at another Best Western Motel. Everyone got in at a reasonable time and without incident, except for Rae Wohlschlegel who was so engrossed in her bicycling that she forgot to look up and didn't see Andre and Frieda's bicycles lying on the side of the road. She landed on top of Andre's, resulting in a badly bruised thigh for Rae and a bent fork on Andre's bike. By nightfall we had Andre's bike fixed and Rae was all set to go. As the old saying goes "when the going gets tough the tough get going".

The next day was to be one of the hardest days I've ever experienced, Tucson to Nogales, 65 miles, with a very strong and cold head wind that didn't let up for one minute. Due to a misunderstanding in the directions given, some of us went out of our way and made another 15 or 20kms. Betty Kerr won the title of the Iron Lady. Not only did she go astray, but with the wind etc. she arrived at the motel after dark at 9PM. Needless to say we were relieved to see her after worrying for four hours, but she didn't think anything was wrong. There wasn't much noise from her room that night. The next day was a day off and many visited Mexico and did some shopping.

The next day took us to Sierra Vista, northward towards Benson. As this was Thanksgiving Day (USA) we celebrated with a beautiful buffet dinner served in our own private dining room. This city is supported mostly from the Army and Air Force bases. Here we met a petite waitress from Quebec, who's husband was stationed there. She said "I'm so lonely out here and I miss the snow so much". I don't blame her, this country is quite arid. From there we went on to Benson, Willcox and Safford and another Best Western Motel, where we were entertained with a cocktail hour, given by Norman and Irene Thornton, two expert hosts. After a few gin and tonics we learned a few jokes and discovered a few more singing talents and there was great camaraderie.

Next day was to be another rough day 123km to Globe. The first half was very enjoyable through the Safford valley farming country, then the wind and rain hit us, which was disastrous. I was nearly thrown off my bike twice by the side wind. When the Budget truck came along, I had another seven miles to go. I flagged it down anyway. That was it for me, but when Ken opened the back door of the truck, it was full of bicycles and riders, which made me feel better. I congratulate those that made it all the way on their own.

The morning from Globe through the mountain pass to Florence was very cold. After the mountains we had a fine down hill run to Florence.

Next morning leaving Florence was very cold. We back-tracked about 11km, then were on our way into Phoenix, 104km. This was a long but enjoyable ride for my two companions and myself. We reached our hotel through the urban and light industry areas, on very flat road.

We spent the rest of the day boxing our bikes, ready for early next morning.

Our memories of this tour will remain with us and we have to thank Bernice Gregory once again for a very good itinerary and organization. It was a pleasure for me to be able to help. Thanks also to Ken Brothers, our sag wagon driver, who is still trying to teach us where to put things back where we got them from. No wonder he has trouble finding things.

Thanks to my room mate Roy Makepeace and all the other participants. You were a wonderful group

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## SALUTE TO NORM WRIGGLESWORTH

Bob Douglas

Few, if any, of our members are smokers. Those promoting non-smoking may be interested in the following reported in the Berkeley Wellness Letter. A study of 4,400 persons who died in Pennsylvania between 1972 and 1974 found that smokers aged 30 who continued to smoke had a life expectancy of 64.8 years. The non-smoking 30 year olds lived to 82.7 years, nearly 18 years longer. It was also reported that at age 85 only 5% of men are long-term cigarette users, 47% are former smokers and 37% non-smokers, and the balance pipe or cigar smokers.

So thanks for the good work Norm (but no need to practice on us).

[Norm is active in a non-smoking society and he recently ran for alderman in Richmond with a non-smoking platform and election expenses of \$14. Ed.]

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## SUGGESTIONS ON BOXING BICYCLES

Bob Douglas

1. Remove pedals; left pedal has left hand thread.
  2. Lower saddle.
  3. Loosen handlebar stem; be careful with cyclometer wire.
  4. Pad or remove rear derailleur.
  5. If you need to remove a wheel, remove front and protect forks with a spacer between drop-outs.
  6. Do no bend plastic fenders.
  7. Let some air out of tyres for air travel.
  8. Use extra cardboard or padding on items likely to project through box.
  9. Tape box securely.
-



## FINANCIAL STATEMENT - Bob Douglas

The Directors wish to thank Jack Wilcockson, a retired Certified General Accountant, for his voluntary service in auditing our records for the fiscal year ended Oct. 31, 1990. A condensed version of the financial statement follows and additional information, if required, can be obtained from our Treasurer.

	General Account	Casino Account
<b>ASSETS</b>		
Bank and term deposits	\$35256	\$13206
Prepayments, accruals and receivables	2152	44
Deposits with suppliers	176	53
Jerseys & sport sponges	2208	-
Equipment at cost		
Office	-	6244
Camp and storage	3655	2698
Bicycles & accessories	<u>2489</u>	-
	<u>\$45936</u>	<u>\$22245</u>
<b>LIABILITIES AND EQUITY</b>		
Prepayments for dues, dinner and jerseys	\$3218	\$ -
Payables	-	790
In trust, trips and other	<u>11928</u>	-
Total liabilities	<u>\$15146</u>	<u>\$790</u>
Equity	<u>30790</u>	<u>21455</u>
	<u>\$45936</u>	<u>\$22245</u>

## OPERATING STATEMENT, YEAR 89/90

Combined General and Casino Accounts

REVENUE		EXPENDITURE	
Casino proceeds	\$15456	Depreciation incl. write-offs	\$8045
Memberships	3845	Rents	3299
Interest	3005	Office, supplies	1239
Donations	1617	Postage	1131
Sales at cost	550	Printing, copying	1117
Rental, lunch, misc.	215	Telephone	819
		Donations	475
		Meetings & travel	320
		Misc.	<u>397</u>
	<u>\$24688</u>		<u>\$16842</u>

## 60 MILER BIKE GROUP

This informal touring group is based in Washington State. It is organized for bikers from 50 to 100 and there is no sag wagon. Tours for 1991 are: Skagit Tulip Festival April 23-26, Lewis County Ramble May 22-24, San Juan Islands June 25-28, Olympic

Peninsula July 22-26, Washington Coast August 19-23, South Whidby Island September 10-13.

For information write to Sixty Milers, P.L. Garré, P.O. Box 595, Winlock, Wa., 98596, USA, enclosing a large self addressed, stamped envelope and one dollar for each selected tour, before Feb 15.

More details are available at our club office.

## OFFICE ROSTER

Due to his imminent move away from the city, Marten McCready has resigned as office manager. There is usually someone in the office each morning: Mondays - John Philip, Tuesdays - John Peck, Wednesdays - Lynn Dick, Thursdays - Marten McCready, Fridays - Eila Taylor.

## THANKS - Grethe Winckler

To all my dear bicycle friends: I want to thank you all for kindness, cheerful cards and flowers. It has made me feel as if I have some really good friends, and I am sure they all helped toward my quick recovery. Now that I am feeling better, not perfect, but better as each day goes by, I hope to see you all soon.

## SOUTH OF THE BORDER - Ian Cassie

Those who cross the border to the US are reminded that, this being time of war, immigration inspections are more thorough. Be sure you carry a document identifying your citizenship. This applies especially to those not born in Canada.

## MS BIKE TOUR

The Multiple Sclerosis Society of Canada is asking for volunteer tour leaders, flag people, bike repair people and rest stop attendants for their next MS Bike Tour. Contact Ann Phelps or Liz Clegg 437-3244.

## 1991 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.

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

This tour will have 32 cycling days, 7 rest days and 4 travelling days. The first rest day will be a bus tour to Milford Sound; the others are at Dunedin, Queenstown, Christchurch, Wellington, Rotorua and Auckland. There are 28 participants.

**Oregon May 11-25.**

Ted Stubbs 321-2784.

Cost \$300, limit 30, deposit \$50 before Feb. 1.

The object of this tour is to explore Oregon's 'greenbelt', the Willamette Valley. It should be an easy ride with many side trips for those looking for a challenge. Wineries, historic sites, wildlife viewing, spring flowers; all should enhance our tour.

We will start or ride at Astoria and stay at Fort Stevens State Park the first night. Then down the coast to highway 18, south of Pacific City; east to Salem, south of the east side of the Willamette River to Eugene. After a couple of days in the Eugene area we will head north on the west side of the valley through Corvallis, Yamhill and back to Astoria.

**Alaska Midnight Sun Tour May 31 - June 22.**

Chuck Dick 261-5092, Vic DePaul 228-8218.

Members interested in participating should contact Chuck or, after January 23, Vic DePaul 228-8218. The travel agent may not be able to hold the seats after March 1. We are still looking for a driver for the support vehicle.

Participants (18): Elsie Dean, Vic DePaul, Chuck & Lynn Dick, Eva Folk, Theresa Green, Ken Grieve, Bruce Hudson, Theresa Keet, Mel Kerr, Peter Mix, John Peck, Roland Reader, Jack Wilcockson, Tage & Grethe Winckler, Katryn Jeronimus, Mathilda Klassen.

**Gabriola Island May 28-30.**

Dennis Parsons 383-2028.

**Canadian Rockies July 1-29.**

Martine Donahue 689-2743.

Cost about \$500, deposit \$50 before April 1.

Fort Langley, Hope, Merritt, Kamloops+, Barriere, Clearwater, Blue River, Mt. Robson, Jasper+, Athabasca Glacier, Bow Lake, Banff+, Lake Louise+, Field, Golden, Glacier, Revelstoke, Peachland+, Merritt, Lytton, Hope, Fort Langley, Vancouver. Five rest days (+). Total distance 2142km, average daily 89km, max 130km.

**San Juan Islands July 16-27.**

Bob Douglas 435-3893,

Cost estimate is \$180, deposit \$30 by May 15.

Visiting Whitby, San Juan, Orcas, Shaw and Lopez

Islands with support vehicle. Except for the first and last day, the riding on this trip is easy.

**Cultus Lake July 2-8.**

Leo Comeau 939-0392.

**Port Renfrew August 21-30.**

Dennis Parsons 383-2028.

Total cost \$190, deposit \$60 by May 30.

1. Mainlanders land at Long Harbour on Saltspring Island from Tsawwassen ferry (30 minutes ferry). Victorians ride to Schwartz Bay, ferry to Fulford Harbour and ride to meet mainlanders. All ride to Versuvius Bay. Ferry to Crofton and short ride to camp site at Chemainus. 2. To Qualicum. 3. Rest day. 4. To Cowichan Lake. 5. To Fairy Lake (some gravel). 6. Boat to point on West Coast Trail and hike back. 7. Rest day. 8. To French Beach (scenic). 9. to Goldstream Park. 10. To home.

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## VANCOUVER WEEKLY TRIPS

**Sundays:** Meet at 10AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 263-8798.

**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.

**Wednesdays:** Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

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

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## VICTORIA WEEKLY TRIPS

**Sundays:** Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-2028.

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

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## TIPS

A cold-weather rule of thumb: If you're comfortable in the first kilometre you're dressed too warmly.



VOL. 8 NO. 3

March 1991

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

#### PRESIDENT'S CORNER

The president is currently in New Zealand on tour and no report has been received so far.

#### CYCLO TOURING IN FRANCE

Ken Grieve

##### WE MEET THE GENDARMES

On a fine early October morning last year, we had a short ride from the Hostel to the outskirts of Poitiers. Ernie and Elsie were ahead and seemed to like to do the map-reading while Georgette and I were content to let them. This time they led us onto the Freeway heading towards the day's destination, the City of Niort, some 80 km. to the southwest, instead of

using the National Highway. As Ernie explained later somewhat lamely, he had confused the A 10 sign (standing for "Autoroute") for the N 10 sign (standing for "National Highway"). As Georgette and I followed Ernie and Elsie and found ourselves passing toll booths, we both suspected that we were on the Autoroute where it is illegal to cycle. But I believed we both thought, "What the heck, this is such beautiful riding on smoothly paved four meter wide shoulders, the sun is shining, we have a 15 km. wind pushing us, and we are making such good time that we might as well see how far we can travel at 30 km/hr. and maybe we won't be stopped!" Hence, we were a little complicit because we could have called to the others and reconsidered our route before it was too late to turn around. But we did not do that, preferring to enjoy this providential free-ranging rapid ride, this smooth travel instead of the often rough, pebbled surfaces of the National Highways and Department roads.

I had not known of the existence of the City of Niort before. It is the capital of the Department of Deux Sevres. Niort lies between Poitiers and the charming seaport of La Rochelle and its Atlantic "Bel Air". However, going to Niort by Freeway was not to be.

I became aware that for some reason Ernie and Elsie, a half kilometre ahead, had stopped and as I drew closer, I realized that some uniformed men had halted them. Four kepiéd [a kepi is a French military cap] National Gendarmes faced them grimly with folded arms, blocking the road. I could see their parked Renault van on the other side of the turnpike. Some bus driver or truck driver may have alerted the gendarmerie. I arrived before Georgette and launched into an explanation in my fractured French. They were not interested in attempting to understand my gibberish and Ernie managed to convey to the 'flics' that we had one fluent in the language with us, namely Georgette.

Georgette was able to convince the gendarmes that

they had a group of subnormals before them, verging on senility, and somewhat confused as to direction and surroundings. The gendarmes, as usual, came up with the mildewed claim that it was too dangerous to cycle on the Freeway and were "kicking us off" for our protection from the maniac speedsters on the Autoroute. They demanded our passports and told us we were lucky they were in a good mood and would not confiscate our bicycles or lock us up. We were told to follow their van slowly to a Freeway Service Road that was gated and locked with a big padlock. The gendarmes ceremoniously unlocked the gate, returned our passports, and turned us loose. Georgette later said she thought all the people in the cars, buses, and trucks waving and honking horns at us were welcoming her.

The next day we rode the four lane National Highway into La Rochelle without paved shoulders and carrying similar traffic at similar speeds as the Freeway. Georgette noted that this was infinitely more hazardous than the paved shoulders of the Autoroute.

I have related this Freeway epic to several Canadians who have cycled toured in France and each claimed to have strayed onto an Autoroute by happenchance and had similar experiences. It is easy to do. While cycling alone earlier in Tours, I rode down the entry to an Autoroute and when I realized it was a Freeway, I turned about and went back quickly the way I came.

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## CORRESPONDENCE

The Editor, Newsbrief

Dear Editor,

I have been meaning to write and thank your Society, the tour leaders, and all the participants in last summer's cross Canada tour for the great time I had cycling from Victoria to Edmonton. Which brings me to the main purpose of this letter - I plan on leaving the Truck Stop in Edmonton, where I left off in mid May, to cycle as far as Thunder Bay. My wife Bunty will accompany me in her station wagon to carry supplies, set up camp, etc. and we have room to take another two cyclists whose only obligation would be to turn up in Calgary or Edmonton and share gas and food and accommodation expenses. As far as possible we'll follow last year's itinerary and we'll get you back to either Edmonton or Calgary at the finish.

If interested please write to me at RR 1, Priddis, Alberta, T0L 1W0 or phone me at 403-931-3227.

Bob Jordan

The Editor, Newsbrief

Dear Sir:

I would like to comment upon a past letter by Monty Maundrell. Contrary to Monty's statement that my "ABC's" re McDonalds are incorrect, I think an ABC like inability to obtain a decent cup of coffee is correct (only served in styrofoam or paper cups!). But it may please Monty to learn that occasionally while in France recently I was driven because of the unpredictable quality and rather elastic prices of restaurant meals, especially in Paris, to resort to McDonalds and that other great American institution, Burger King. At least you knew what you would get, what you would pay, with the service fairly prompt.

Sincerely,  
Ken Grieve

The Editor, Newsbrief

Sir:

I plan to bicycle Europe this summer - Spain, France, Germany, for about two months beginning around the end of May and staying at hostels and Bed and Breakfast's. If anyone is interested in joining me, please call me at 943-3224. Plans are flexible.

Richard Lebek  
Delta

The Cross Canada Cycle Tour Society [ A post card from Portugal ]

Ola,

A beautiful place full of history but other than near Lisbon cycling is not good. Roads narrow and rough and no shoulders. Drivers, although courteous, are very aggressive. Spain, on the other hand, is good and I did see many T trial type of cyclist and in many places a tail car behind the grouped riders.

Enjoying this wonderful land and its people.

Monty Maundrell

---

## SEMI-ANNUAL GENERAL MEETING

Reminder to all of the spring meeting on Wednesday, May 1st, at 11:00 AM at the Kinsmen House, 5050 47th Street, Ladner (opposite library). It will be mainly a social meeting to talk of tours and meet old and new members. Lunch will be served.

## A Dog-gone Good Story

A Fable

by Aesop

One day, down at the kennel, there was a great commotion. It seemed the French Poodle, whom we call Poo, was really upset over the antics of some of the other dogs, especially those of the Pit Bull known as Rotten. We don't know the whole story, but the upshot was, Poo called a meeting of all the other dogs to complain about Rotten. It wasn't the first time Rotten has been bad. He often gets into barking scraps with the other dogs. There was a time he ran into a feisty Scotch Terrier who also liked to bark. The two of them would often go at it and create a real furore. You would think two grown-up dogs would know better! But that's what Scotch Terriers and Pit Bulls do. One time Rotten barked away at a little Chihuahua. That was a mistake because what he didn't know was that this little Chihuahua could bark back in many different languages including Japanese which she was learning.

But, back to the story of the the present brouhaha. It seems Poo, although he is a French Poodle, is very popular with the other dogs. He likes to organize forays around the neighborhood and all the other dogs eagerly follow. Rotten likes these escapades too but he just can't help acting like a Pit Bull. He is rough and pushy and likes to bark a lot. That's probably how he got his name. The other dogs don't seem to mind too much though - at least some of them don't. But Poo does not like it at all and one day when Rotten was being unusually noisy, Poo yapped at him angrily. Well, to do this to a Pit Bull is not the thing to do because a Pit Bull will then do what he does best. He growled and snarled back in a most unfriendly way throwing the little Poodle into a great state of agitation. This, therefore, was why a meeting was called with the other dogs.

Nearly all the most influential dogs of the kennel were there. There was the Scottish Border Collie. We all like him because he knows how many bones we have and where they are all buried and any time we want one, he will go and find one. There was also the Greyhound - trim and athletic, who can outrun any of us. There was also the big Alsatian who some say used to be a Police dog but he is always good-natured anyway. There was the old Beagle. We all like him too because he is so wise. He spends most of his time thinking about technical things and amazing us with his mathematical and electronic wizardry. Then there was the elegant Wolfhound - tall and graceful, who moves with such dignity. We like her most because she often brings us unexpected treats. Then there was the gentle, soft-spoken old Spaniel who is always

late. He did not get there until after we had started. And, of course, there was Poo and Rotten. All the dogs listened intently to the complaints of Poo, how he barked at Rotten and Rotten barked back in a most unseemly way. Rotten agreed he was wrong. When Poodles bark, they hurt nobody. When Pit Bulls bark, they are terribly, terribly intimidating to French Poodles.

"You would not have barked at the Alsatian," wailed Poo.

"Well, if I did," answered Rotten, "he would probably not have noticed at all."

The meaning of this remark may have been lost to Poo though. But the other dogs came up with the solution.

"Look," they said, "all dogs are different. They all have different temperaments. Poodles are at one extreme and Pit Bulls are at the other and therefore they should not mix together. We are in the middle so we can get along with both types. So you, Rotten, come and play with us and leave Poo alone."

This seemed to make a lot of sense to Rotten who then decided not to go near Poo again. Maybe Poo will forget Rotten was nasty to him and go back to organizing incursions into the neighborhood and maybe everybody will live happily ever after. But in the meantime, Rotten will go and romp with the other dogs and when he acts like a Pit Bull, maybe no one will notice. Poodles can't help acting like Poodles. That's why they are called Poodles. In the same way, Pit Bulls can't help acting like Pit Bulls - that's why they're called Rotten.

[ We don't know what this story means but any resemblance to persons living or dead is purely coincidental. Ed.]

---

Those going on the Alaska tour may find some interest in the following information supplied by Theresa Keet:

### Climate Data for June

	<u>Anchorage</u>	<u>Fairbanks</u>
Average Temperature	17.8 / 8.3	21.7 / 7.8
Extremes	23.8 / 4.4	32.8 / 2.8
Precipitation	25 mm	25mm
Av. days without rain	23	20
Sunny days	14	15
Cloudy days	16	16
Humidity %	69 / 59	62 / 62
Av. wind	12.8 km S	11.3 km SW
Sunrise	04:30	
Sunset	23:30	

In the mountains expect variations in these figures.

## VICTORIA UPDATE - By Louella

We're waiting fearfully for the return from New Zealand of the Victoria group, knowing that we should all have gone. We'll be regaled with stories of adventure, bonhomie, beautiful scenery, great weather, longest downhills, and the shortest ups in the world. And the tail winds - enough to blow you from crest to crest!

And Monty's coming back too, fresh from five weeks in Portugal. He'll be doing the dance of the Cockroach and squirting wine into everyone's eyes from his goat skin pouch.

Roy and Dorothy Cooke, Brian and Lorraine Lamb, and also Doc's wife Rosemary have all managed to escape to the sunny South.

As for the dull ones who have stayed here to rust, we've managed to ride nearly every Wednesday and Sunday. Only once did we have less than ten cyclists turn up. That was one dark and dingy Sunday when only Russ Green turned up at the Muffin Break. I wouldn't have known this if Peter Kabel, who was there also, hadn't told me.

Gordie Rempel continues to plod with the "Plodders."

And Josephine Chapman has clinched a Silver in the V.I. Runners Assn. Mario, unfortunately, has been sidelined from running but continues his riding and swimming.

Peter Kabel was privileged to have been bitten by a purebred Dobermann pinscher. The rest of us have to make do with mongrels.

Frank Jacobsen and his brother Dennis, playing together for the first time, took first place in a duplicate bridge game downtown.

Nick Roos has been busy making bright red spats for the cyclists.

We would like to host a Wednesday ride for any group from across the water. Come and see us.

---

## Salute to Jim Tettamanti - By Bob Douglas

Most of us know that our member, Jim Tettamanti, is an excellent cyclist but he is so modest that few know about his past accomplishments. Jim was recently honored by induction into the Manitoba Sports Hall of Fame. We understand he held the 10 Mile Provincial Championship six years in a row, had a 62 Mile Provincial Championship, was the 1/4 Mile National Champion in 1947 and 1948 and Canada's 50 Mile Champion in 1949. And, Jim, please excuse us for the many omissions and any errors as we obtained the information in a roundabout way.

## 1991 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.

New Zealand - March 3 to April 14.

John Philip and John Peck

This tour is now in progress with twenty-eight participants. John Peck's son has heard from his dad and he says the trip is going well with good weather. Hope we will hear a more detailed account soon.

Oregon May 11-25.

Ted Stubbs 321-2784.

The object of this tour is to explore Oregon's 'greenbelt', the Willamette Valley. It should be an easy ride with many side trips for those looking for a challenge. Wineries, historic sites, wildlife viewing, spring flowers; all should enhance our tour.

We will start or ride at Astoria and stay at Fort Stevens State Park the first night. Then down the coast to highway 18, south of Pacific City; east to Salem, south of the east side of the Willamette River to Eugene. After a couple of days in the Eugene area we will head north on the west side of the valley through Corvallis, Yamhill and back to Astoria.

Al and Diana Lifton intend to cycle to Astoria via Port Angeles ferry and Washington coast highway. If you are interested in that route and would like to join them, please contact them.

North! To Alaska May 31 - June 22.

Chuck Dick 261-5092, Vic DePaul 228-8218.

Good news. Jan Anderson has volunteered to drive for us.

There are now twenty of us:

Jan and Lawrence Anderson, Elsie Dean, Vic DePaul, Chuck & Lynn Dick, Eva Folk, Theresa Green, Ken Grieve, Bruce Hudson, Katryn Jeronimus, Theresa Keet, Mel Kerr, Mathilde Klassen, Peter Mix, John Peck, Roland Reader, John Wayne, Jack Wilcockson, Tage & Grethe Winckler.

Two "extra-curricular activities" have been arranged. On June 19th we are booked for the 26 Glacier Tour and on June 20th we take the train to Seward and return ( plenty of time to sightsee in Seward before the return trip ). We are investigating a tour of Denali Park to view one of the most beautiful areas of Alaska.

### Gabriola Island May 28-30.

Dennis Parsons 383-2028.

This tour is now an institution and will follow the same format as the other tours.

### Canadian Rockies July 1-29.

Martine Donahue 689-2743.

Cost about \$500, deposit \$50 before April 1.

We had originally planned motoring to Jasper and cycling back to Vancouver. However, since July is such a pleasant month (hopefully), we decided to make this the major Canadian tour of the summer. We who cycled across Canada last summer were unfortunately deprived of the beautiful scenery of the Rockies because of the low hanging clouds as we passed through. We thought we would go back and take a second look.

We certainly hope many of you will join us and share our local wonders. The tentative itinerary is as follows:

Leave Vancouver on July 1st and camp the first night at Fort Langley. Then on to Hope, Merritt, and Kamloops where we will have a rest day. We then take the Yellowhead Highway to Barriere, Clearwater, Blue River, Mt. Robson, and a stay at Jasper for a rest day. Its then on to Athabasca Glacier, Bow Lake, and Banff for another rest day. Homeward via Lake Louise, Field, Golden, Revelstoke, Peachland, Merritt, Lytton, Hope, and Fort Langley.

Total distance 2142 km, average daily 89 km, max 130 km.

### San Juan Islands July 16-27.

Bob Douglas 435-3893.

Cost estimate is \$180, deposit \$30 by May 15.

Day 1 to Larraby State Park, Day 2 to Deception Pass, Day 5 to San Juan Island, Day 7 to Orcas, Day 9 to Shaw and Lopez, Day 11 to Larraby, Day 12 - home. To date about 20 persons have expressed interest. Part time participants are welcome.

### Cultus Lake July 2-8.

Leo Comeau 939-0392.

### Port Renfrew August 21-30.

Dennis Parsons 383-2028 and Noreen and Albert Redford 592-1865. Martine Donahue will field questions from Vancouver area.

On Day 1, most will rendezvous at Long Harbour on Saltspring Island when the ferry arrives from the mainland at noon. We will ride across the island to Vesuvius Bay to take another ferry to Crofton then ride to a campsite near Chemanius.

On Day 2 we ride to Qualicum which is a holiday resort with Little Qualicum Falls, Englishman's River Falls, and Coombs within easy cycling distances.

Day 3 Enjoy the beach or cycle somewhere.

Day 4 A long ride to Cowichan Lake.

Day 5 To Fairy Lake ( Port Renfrew ) with 30 kms of unpaved road to traverse. The road is well maintained by a logging company. Being Sunday there will be little traffic.

Day 6 Hike a part of the West Coast Trail. Choice of three distances.

Day 7 Recover from yesterday. Visit famous Botanical Beach. Swim. Play frisbee or bridge.

Day 8 Couple of steep hills on the way to French Beach but view from Point No-point makes it all worthwhile. Next day to Goldstream Park, 20 km from Victoria. Astound your friends with mention that you've visited Niagara Falls - not as magnificent as the falls in Ontario but still so named, and in this Park.

Day 10 Climb the Malahat and look down at the fjord while doing so.

### VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 263-8798.

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.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

Thursdays: Meet at 11AM at Community Centre in Ladner. Contact Bob Douglas 435-3893 or Al Hollinger 946-1347. Please note: Effective April 4th, starting time will be 10 AM.

---

### VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-2028.

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

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A cold-weather rule of thumb: If you are dressed too warmly, in the first kilometre of your ride you are comfortable.

**THE NEW ZEALAND TOUR - John Peck  
Eva Folk**

This late-breaking news just came by Fax from New Zealand.

We are having a great time. All are well and the weather has been excellent. There was only one night with a little rain. Most days are sunny and warm.

We are now on the Canterbury Plains, so there are no hills.

Last night we camped amongst some of the native New Zealand trees where the birds sang sweetly.

Ivan did a fine job building shelves for our truck and a pair of portable tables. All camp sites are excellent and we have used our own shelter only once.

[ Ivan who built the shelves is Ivan Strahl from New Zealand who joined our club last year to go on the cross Canada tour and offered to help the New Zealand tour in any way he could. Ed. ]

---

**THE SOCIETY WELCOMES THESE  
RECENT MEMBERS TO THE CLUB**

Vikki Bernhardt  
3823 - 19th St. NW , Calgary, Alberta  
T2L 2B3 Tel 282-0521

Blanche Gibbs  
Box 176, Sidney, Nova Scotia  
B1P 6H1 Tel 828-2383

John Hiza  
3805 F Northbrook Drive,  
Boulder, Col. USA 80304

Jane Irwin  
Box 35292 Station E Vancouver, B.C.  
V6M 4G4 Tel 261-6637

Robert McInnes  
915 Forshaw Road, Victoria, B.C.  
V9A 6M1 Tel 383-0783

Robert McNish  
9191 Parksville Drive, Richmond, B.C.  
V7E 4K1 Tel 274-5526

Peter Mix  
684 Windermere Ave. , Ottawa, Ont.  
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2101 Roselynn Way, Port Coquitlam, B.C.  
V3C 2V4 Tel 941-8354

Vernon Patterson  
110 Highland Close, Fort McMurray, Alta.  
T9H 3T5 Tel 743-9125

Gerald Sutherland  
11 Sycamore Drive, Nepean, Ont.  
K2H 6R4 Tel 828-9502

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**More Tips**

As spring has now officially arrived and as many of our new members are thinking of joining their first cycle tour, we get a number of questions about what kind of tent is best. The following is printed as a guide to help you if you are wondering.

First of all, we have learned much about tents considering the number of tours we have conducted. On each of our longer tours we have encountered severe storms - heavy wind and heavy rain. We have also encountered hot, humid evenings where condensation was a problem. So sturdy tents that are waterproof and wind resistant and ones that provide adequate ventilation is essential. We have found the best style to be a dome or tunnel tent rather than the gable (wall) tent which does not stand up well to any wind.

The fabric should be a tight ripstop weave, nylon or taffeta, with a floor well impregnated with urethane polymer or similar waterproofing.

The fly should be designed with an overhang to cover the tent completely so water will not drip onto the breathable part of the tent. Tie down loops must be sewn securely with reinforced pads.

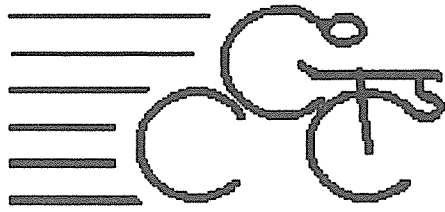
To prevent condensation, there must be ample breatheable material with windows for ventilation.

Poles should be of non-fibreglass material. Aluminum seems to stand up better than fibreglass or bamboo.

Weight is an important consideration for those times you cycle tour without a sag wagon. Fortunately, many good modern tents are available for well under eight pounds.

Price is another important consideration when buying a tent. There are inexpensive tents but you must consider the pleasure of having a good reliable sleeping place after a long hard ride in the rain. A good tent will serve you for well over two hundred nights. It is money well spent.





# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 8 NO.4

April 1991

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.

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Social Convener	
Eva Folk	591-9345

Wilkinson, and Faye Wilson for preparing our lunch, and for clearing up afterwards. My apologies to anyone I missed.

The club directors are discussing the advisability of applying for another Casino in the near future. Please send us your ideas for useful projects on which we could spend Casino money. These could for instance be along the lines of getting more seniors involved in cycling.

Please let us know if there are any corrections to the up-to-date membership list which we have included with this Newsbrief.

The next important annual event in which we participate is the Ladner May Day Parade, and all members are invited to attend. This takes place on Sunday, May 26th, and Al Hollinger will lead our group. Meet at 10:00AM at Al's house, 4607 56A Street in Ladner, and wear your club jersey if you have one. See you there. - John Philip.

## PRESIDENT'S CORNER

Twenty-eight members have recently returned from a challenging 6-week bike tour in New Zealand. The group cycled a total distance of about 2700 km in 30 cycling days - an average distance of 90 km per day. You will be reading about some of the experiences and impressions of the participants of this tour in this and later editions of the Newsbrief.

On May 1st about 75 members met in Kinsmen House in Ladner for a "Spring Social". This was an informal get-together to talk about upcoming tours, to socialize, and to have lunch. It replaced the semi-annual general meeting of previous years. All present appeared to have an enjoyable time meeting old friends, and talking about past and future tours. Our sincere thanks go to Eva Folk, Grethe Winckler, Katryn Jeronimus, Dorothy Kennedy, Kathie

## MEMORIES OF NEW ZEALAND

Roses - Eva Folk

John Peck, the route maker for the New Zealand Tour promised us a rose garden sometime during the tour. As the tour progressed, we mostly forgot about it. But one night, after a day of strong head winds and long dry hills, we arrived at the rose garden. We were enchanted to find ourselves in the garden of a very old farmhouse. We put up our tents on the closely clipped grass, with roses and flowers interspersed. The colonnaded front of the house faced us and on the side, across the fence, sheep munched the long grass. We thought we were in fairyland.

Impressions - Keith Clothier

The howling wind that greeted us in Dunedin, the morning fog as we left Balclutha, the pastoral countryside dotted with sheep, big pots of superb tea, scones topped with strawberry jam and fresh cream, the awful climb up Lindis Pass and the magnificent

wild country at the top, beautiful scenery, friendly people, superb fresh food and cooperative weather.

#### The Ups and Downs - Rae Wohlschlegel

Most of the downs were riding down hills, but most of the ups were not riding up hills! Although there were a few tough hills, even they were an up with the great satisfaction of having done them in spite of moans and groans from some of us. Other ups were the great rides rolling along in high gear with a tail wind (at least a couple of times); viewing a variety of beautiful interesting landscapes, flora and fauna; especially the joy of having the many completely different bird songs. A great up was the fun, laughter and camaraderie of each day. A down was the frustration of planning and shopping from unknown stores in unknown towns, but there was the up of being appreciated and the sheer euphoria when the last table top was cleaned after breakfast. And what an up was the tasty delicious satisfying meals served every day. The downs of flats, bike problems, rain and other irritations were offset by the many hours of joyous riding.

It was a great trip!

#### Decisions - John Peck

Group decisions are not easy. Usually there is much talk, and sometimes several meetings before a group can agree. But there was an occasion where the decision was instant and another where it was not.

From Raitihi to Turangi, on the North Island, should have been a pleasant ride. There was only one serious hill and we were to ride near the three great mountains: Ruapahu, Ngauruhoe and Tongariro. However the weather failed to cooperate, for the mountains were shrouded in cloud, and we saw nothing of them. To add to our disappointment, it began to rain. When you ride through the rain you keep saying to yourself, "it will stop some time, and we will get dry". But that is small comfort when water drips from every part of your clothing, your underwear is wet, and the wind is cold. At the village of Tongariro we found a roadside tearoom. It was soon filled with dripping cyclists making the best of the warmth in a small cup. When finally we arrived in Turangi, it was still raining, but there were cabins available. The decision was instant: all except Keith rented a cabin for the night, while Keith bravely pitched his tent. Soon we felt sheltered and our dripping clothing was hanging in the drying room.

The other (mutinous) decision was whether to ride, as planned, from Hot Water Beach to Coromandel, including about 30km of gravel road through a mountain pass; or to have a rest day at Hot Water Beach and then back track over sealed roads to Thames, avoiding the north and west coast of the Coromandel peninsula. This decision took longer and was debated for about three days. After considerable

discussion a compromise was arrived at. The majority voted for the rest day and the sealed road back to Thames. A brave minority rode the gravel to Coromandel. This complicated the logistics somewhat, because the support vehicle delivered bags at Coromandel and then returned. The next day the bags had to be fetched again. But it was a good compromise that satisfied both the daring and the not so daring.

#### Easter weekend - Shirley Fisher

Coming in on a wind and a spare,

Coming in on a wind and a spare,

Though there's five flats today,

We can still shout Otaki,

Coming in on a wind and a spare.

Thanks Keith, Roy and Raynel for spares, Katie, Noreen and all for patience.

#### Right is left - Katie Bateson

Twenty eight cybiklists started out from Aunedin to go to Ducklin in Zew Nealand. Pohn Jeck smiled and said "mead the rap" so you lon't wet gost. Dohn and Jorothy made sure we would not be fort of shunds. Tetha and Grega could be seen in their gright breen baster eonnets. Woc Dotson fixed tlat fyres. Worm Nigglesworth hroke his barm. Nayrel, Kirley, Shatie and Cod gooked cormet, while Mannarie, Nalbert and Roreen, Noy, Jan, Doan and Wigan late ots to hide those rills. Laye and Fee flicked powers. Hae's relmet was wecorated dith wots of leeds. Rathy and Kay found tevonshir rea dooms. Ped and Tat could easily hide up rills. Leith koves wossy bomen and Lirving bikes mread and larmite. Heva sore veven wails on her welmet and Yarry, our houthful yelper hacked bany mags to the truck and go we so.

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## CYCLING EVENTS

### Get Cycling Challenge - May 24 - June 2

This event is during Fitness Week, . Contact the BABC 737-3034 or your nearest Canadian Tire store.

### Wenatchee Sunrise Rotary Club - June 1

Fifty and hundred mile rides in support of community projects, (509) 662-9544.

### Ride for the Environment - June 2

The Bicycle People of Greater Vancouver is a group dedicated to the quality of life in the Vancouver area by encouraging the increased use of the bicycle as a form of transportation. They now have some 300 members and provide a forum for the discussion of cycling issues, publish educational material, organize rides, distribute information, and give talks at high schools.

This year, on June 2nd, the Bicycle People will

open Environment Week with a "Ride for the Environment" through the streets of Vancouver. The 15 km ride will start and end at Trout Lake Park. The route will be controlled by police and volunteer marshals with between 1000 to 2000 cyclists expected to take part in the ride.

Following the ride there will be an environmental festival at Trout Lake Park - speakers from environmental, health, and government organizations, as well as musical entertainment, and booths sponsored by environmental, health and fitness, etc.

The goal of this event is to encourage people to incorporate environmentally beneficial activities such as cycling into their daily lives. The event is open to everyone but the focus is upon youth and families.

Sounds like a great way to spend the day riding with the grandkids.

#### Boundary Bay bike-walk-run-a-thon - June 8

Fraser Valley for Life and Friends of Boundary Bay will hold its second annual event in Delta. They are concerned with the future of remaining wildlife habitat in the Fraser Delta. For information call Duane Burnett at 669-0039 or Martin Keeley at 940-9810.

#### Atlantic to Lakes Cycling Adventure - August

This is from Halifax to Toronto, 2118km, 1991 August 11-31 and is to benefit the Christian Children's Fund of Canada. For details call Mark Pajak at 1-800-433-0528 (Seattle).

#### USSR and North America - The Kazan Club

A joint expedition of 5 or 6: summer 1991, 1600km in Eastern Siberia and the Far East; summer 1992 through Alaska, Yukon and Northern Territory. Details at the office.

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#### JERSEYS - Leo Comeau.

There are still a few jerseys for sale: Sugoi, 2L, 4M; Garneau 2M. Telephone 467-5823.

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#### 1991 TOURS

N.B. Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that only those tours listed below are Society tours.

New Zealand - March 3 to April 14, completed.

#### Oregon May 11-25.

Ted Stubbs 321-2784.

Distance about 870km, ends in Astoria on May 24.

Participants: (26) Roy Barrows, Katie Bateson, Ken Brothers, Art & Brenda Borron, Ian Cassie,

Brian Curtis, Roy Cushway, Bob Douglas, Margaret Fyfe, Bernice Gregory, Norman Kjelson, Al & Diana Lifton, Albert Manser, Wendy Pearson, Ian Polley, Bob Stevens, Ted & Pat Stubbs, Maurice & Rose Tanchak, Roy Towler, Norman Wrigglesworth, and Jan & Lawrence Anderson.

#### North! To Alaska May 31 - June 22.

Chuck Dick 261-5092.

Participants: (21) Jan and Lawrence Anderson, Elsie Dean, Vic DePaul, Chuck & Lynn Dick, Eva Folk, Theresa Green, Ken Grieve, Bruce Hudson, Katryn Jeronimus, Theresa Keet, Mel Kerr, Mathilde Klassen, Peter Mix, John Peck, Roland Reader, John Wayne, Jack Wilcockson, Tage & Grethe Winckler.

#### Gabriola Island May 28-30.

Dennis Parsons 383-2028,

Martine Donahue 689-2743.

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. For details contact Dennis or Martine.

#### Canadian Rockies July 1-29.

Martine Donahue 689-2743.

Cost about \$500, deposit \$50 now due.

Leave Vancouver on July 1st and camp the first night at Fort Langley. Then on to Hope, Merritt, and Kamloops where we will have a rest day. We then take the Yellowhead Highway to Barriere, Clearwater, Blue River, Mt. Robson, and a stay at Jasper for a rest day. Its then on to Athabasca Glacier, Bow Lake, and Banff for another rest day. Homeward via Lake Louise, Field, Golden, Revelstoke, Peachland, Merritt, Lytton, Hope, and Fort Langley.

Total distance 2142 km, average daily 89 km, max 130 km.

#### Cultus Lake July 2-8.

Leo Comeau 939-0392.

Cost \$80 per person no later than June 15.

Leave from Coquitlam Park and Ride at King Edward and Lougheed Highway at 8AM. Travel via Lougheed Highway through Mary Hill bypass (United Way) on to Haney. Stop at McDonalds for coffee and rest, 23kms. On to Abbotsford via Mission bypass and bridge. Stay on No 11 to Abbotsford. In Abbotsford do not turn left. Follow South Fraser Highway to McDonalds or Best Western Hotel and restaurant for a half hour rest. Cross under pass on Sumas Way, make sharp left onto South Parallel Road, to No 3 Road, Yarrow Central and Vedder Mountain roads to Columbia Valley Road. Stay on it until you reach Honeymoon Bay site A camp ground. Note: other arrangements

will be made for those coming from Vancouver Island. Meet in the evening to decide the other days activities.

We will have a support vehicle. Meals will be supplied at camp only, including lunches each day. Sunday barbecue may be arranged at camp. Camp policy is Minimum 15, maximum 50 campers. Friends and family are welcome during the day, but meal arrangements will be for cyclists only. Decisions made at meetings will apply to all participants. Bring your games, sunbathing and swimming clothes, song book, musical instruments etc., light lawn chairs.

For those wishing to come with their vehicles, there is limited parking (max. 6 including support vehicle).

Get your names and money in early so we can make this a fantastic bicycling holiday. For further information call Leo at 467-5823 or office at 737-3112.

**San Juan Islands July 16-27.**

Bob Douglas 435-3893,  
Cost estimate is \$180, deposit \$30 by May 15 and balance by June 15. Day 1 to Larrabee State Park, Day 2 to Deception Pass, Day 5 to San Juan Island, Day 7 to Orcas, Day 9 to Shaw and Lopez, Day 11 to Larrabee, Day 12 - home. To date about 20 persons have expressed interest. Part time participants are welcome.

**Port Renfrew August 21-30.**

Dennis Parsons 383-2028, Noreen and Albert Redford 592-1865. Martine Donahue, 689-2743, will field questions from Vancouver area. Cost \$190, limit 35 members.

On Day 1, most will rendezvous at Long Harbour on Saltspring Island when the ferry arrives from the mainland at noon. We will ride across the island to Vesuvius Bay to take another ferry to Crofton then ride to a campsite near Chemainus.

On Day 2 we ride to Qualicum which is a holiday resort with Little Qualicum Falls, Englishman's River Falls, and Coombs within easy cycling distances.

Day 3 Enjoy the beach or cycle somewhere.

Day 4 A long ride to Cowichan Lake.

Day 5 To Fairy Lake ( Port Renfrew ) with 30 kms of unpaved road to traverse. The road is well maintained by a logging company. Being Sunday there will be little traffic.

Day 6 Hike a part of the West Coast Trail. Choice of three distances.

Day 7 Recover from yesterday. Visit famous Botanical Beach. Swim. Play frisbee or bridge.

Day 8 Couple of steep hills on the way to French Beach but view from Point No-point makes it all worthwhile. Next day to Goldstream Park, 20 km from Victoria. Astound your friends with mention that you've visited Niagara Falls - not as magnificent as the falls in Ontario but still so named, and in this Park.

Day 10 Climb the Malahat and look down at the fjord while doing so.

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## FUTURE TOURS

### Hawaii (the big island)

Planning has begun for a tour of the big island of Hawaii. It will be a motel and restaurant tour, i.e., no camping and no cooking. The likely date is some time in January 1992. There is essentially only one road around the island, but on that there are some good hills. One day will involve a gentle climb from sea level to 4000 ft. Those interested should contact John Philip or John Peck.

### Cross Canada

The year 1993 is the tenth anniversary of the incorporation of the Society. There is likely to be another Cross Canada tour that year.

### Others

The directors are always interested in hearing from members who have suggestions for future tours, especially those who would like to lead a tour.

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## VANCOUVER WEEKLY TRIPS

**Sundays:** Meet at 10AM at parking lot at south east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 263-8798.

**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.

**Wednesdays:** Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

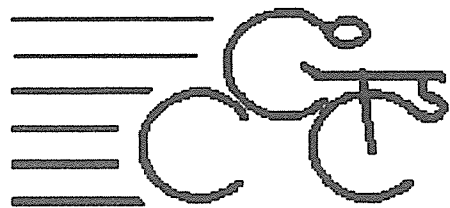
**Thursdays:** Meet at 11AM at Community Centre in Ladner. Contact Bob Douglas 435-3893 or Al Hollinger 946-1347. Please note: Effective April 4th, starting time will be 10 AM.

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## VICTORIA WEEKLY TRIPS

**Sundays:** Meet at 9AM at Muffin Break, Burnside. 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. 8 NO.5

May 1991

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

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## PRESIDENT'S CORNER - John Philip

It's not too early to start thinking about tours for 1992. Some of the tours which were talked about at the Spring Social on May 1st included 'Around B.C., including the Queen Charlotte Islands', 'Sunshine Coast', 'Holland to Switzerland', and 'Mexico's Baja California'. These were for 1992. We also talked about another Cross Canada tour in 1993.

Now these and other tours will not get off the ground without members coming forward to get things going. So get together with your friend or friends and make your dream tour happen. We want to hear from you.

We have included a club jersey and sport sponge order form with this Newsbrief so that we can find

out whether there is still a demand for these items. The cost for the jerseys remains at \$45 plus postage if necessary. Later in this Newsbrief Leo has written more about jerseys.

Please fill out and mail this form to the office, if you want a jersey (or a sport sponge).  
Happy bike touring in 1991. John

## OREGON TOUR - Ted Stubbs

On May 11, twenty three of us met at the Maritime Museum in Astoria, Oregon, including Al and Diane Lifton, who had cycled from Vancouver Island. We set out to explore and enjoy the Willamette valley, plus some of the rugged Oregon coast. We cycled almost 850 kms, often in less than ideal weather conditions. Those conditions forced us to by-pass part of the planned route and cancel our scheduled ride with the Spoke Folk Club in Eugene. A balky Budget Rental truck added to our problems. However morale remained amazingly high; my sincere thanks to all for their support. We returned May 23, one day earlier than planned.

## NEW ZEALAND 1991

### A Tall Hat Tale - Raynel Merness

The New Zealand Tour is still a blur of confused images in my mind. I envied the ones who kept immaculate diaries of the days' events. To me it was difficult enough to keep up with the days' meals. As time goes by, and I take part in other tours, the New Zealand adventure can be used as a yardstick, and in turn will be easier to judge. During the tour one is caught up in the hurly burly of cycling, camping and eating, so it is difficult to stand back and understand

the reason for being there. For myself, part of the answer came at the end of the tour. I wanted it to continue. This feeling was reinforced during the bus tour north of Auckland, when I regretted not being on two wheels. It is possible that I had more to gain, for not only was it my first cycling tour, but also the first time I had ever camped. I had cycled a great deal as a youth but only for the last three years as an adult and never in a group. So it was with some trepidation that I set out from Dunedin that first morning. I need not have worried, for I was enfolded in a group that seemed to beat with one heart, everyone united in their love of cycling. I made many friendships that hopefully will enrich the rest of my life.

There were many humorous moments, but one that remains fresh in my mind and seems to place the tour and New Zealand in its true context happened on the day we went to Milford Sound. During the bus trip we passed a herder with a flock of sheep. It was thrilling to watch the dogs work the sheep, but my attention became fixed on the herder's hat, a high-crowned, floppy-brimmed felt hat that had character written all over it. Now normally I hate hats, and even detest wearing my safety helmet, but on the odd occasion, being rather thin on top and sensitive to sun burn, I have to wear some kind of hat. As soon as I saw the herder's hat, I had to have one, and for the rest of the day babbled on about the virtues of such a wonderful hat. I could imagine myself at the helm of my small grubby sail boat being passed by those gleaming thirty of forty footers and hearing their remarks about my resplendent headgear. At one felt swoop I could be changed from a lifetime nerd to a dashing character. What euphoria!

One can imagine my delight, when on returning to camp that evening, I saw a young fellow coming out of the camp store wearing the same hat. Good, I thought, another local. Now I can find where to purchase this unique hat. "Where did you get that hat?" I burst out, which I now realise was the wrong approach, for a look of amazement tinged with a certain wariness came over his features. Fortunately some reason percolated through my insane desire and I poured out my story to him. A broad smile came over his face as I talked, and a gleam of delight in his eye as he answered me. "Aspen, Colorado, and you won't get one like this for I made it myself". It turned out that he came from Colorado, the hat was a standard stockman's hat that he had steamed and shaped to his desire. I was shattered but nevertheless continued my search for the rest of the tour, involving several of my companions in it. Alas, it was not to be, for I returned from New Zealand hatless.

Of course, the moral of this story, for what it is worth, is that we are all of one family, homo sapiens, and there are very few things that are truly unique.

## Reminiscences- Kathy Wilkinson

The warble song of the magpie;  
The umpteen Devonshire teas;  
The surf, the beaches and blue sky  
Of the Pacific and Tasman Seas.

The one-room schoolhouse of Athol,  
The students (all seven) we met.  
Our early mornings' bustle,  
And the cabins when we were wet!

The millions of woolly sheep,  
And deer in their fenced-in pens.  
The mountain passes - so steep,  
And the downhill curves and bends.

The Maoris' songs and dances  
In New Zealand's Northern Isle;  
We remember what enhances  
This wonderful tour with style!

## The story of a tour - John Peck

The cycle tour of New Zealand is now over. There were twenty eight of us. We flew to Dunedin where we stayed the first two nights in a motel. Many took a bus trip to see the Royal Albatross colony at the harbour entrance. After our day of rest, we were escorted out of Dunedin by a friend and the first night was spent in the camp ground at Balclutha. The next days' rides took us to Gore, Lumsden and Te Anau. From Te Anau we enjoyed a bus trip to Milford and a boat ride on the sound. Milford Sound is one of the most spectacular fiords in the world. Mountains rise high and block the sight of the sea. Waterfalls cascade from the sides. Seals bask on the rocks. The boat glides under towering cliffs and nudges under waterfalls. It was a day of magnificent scenery.

The wind blew us most of the next day from Te Anau to Athol, a small community south of Queenstown. Upon arrival we were invited to the local school and met its seven pupils, who performed for us. Then we partook of afternoon tea with them. This occasion was quite a highlight. I am sure that the next project for the children will be a study of British Columbia.

We spent a rest day in Queenstown, where the various diversions were a visit to a sheep farm, across Lake Wakatipu, hikes around the town, or gondola rides to the hill tops. Queenstown is the major tourist centre of the South Island, so there were also lots of places to go shopping.

From Queenstown to Wanaka, some of us rode our bicycles over the Crown Range, 1121m (3678ft) on a difficult gravel road, while others took the longer way

round, down the Kawarau river to Cromwell and up the Clutha. Despite the difference in distance, 72km for the Crown range route and 122km for the Cromwell route, some riders from the latter arrived first. The Crown Range was quite a challenge. The first and last sections were sealed (paved), but the higher sections were metalled (gravel) and in places somewhat loose. A compensation was a visit to the old hotel in the former mining town of Cardrona.

Wanaka, like Queenstown, also lies on a beautiful lake. From Wanaka the next ride was over the Lindis Pass to camp in a farmer's field on the way down. The first part of the pass was a long but gradual climb, but as we neared the top it became steeper. There were few who did not walk the last few steps to the top at 970m (3182ft). The next camps were at Twizel, Fairlie and Peel Forest. Twizel is the centre of the great hydro developments on the Waitaki River, and from Twizel we rode for some distance along the man made canals. Some of the participants were disappointed that we had no rest day at Peel Forest, a remnant of the native forests of the South Island containing many great podocarps.

From there we took two days to reach Christchurch, stopping on the way at the picnic site at Rakaia Gorge. We had expected the Canterbury Plains to be flat, but we rode beside the mountains where the plains are at an altitude of 300m (1000ft), so it was not as easy as we had expected. A rest day was spent in Christchurch, where Ivan and Margaret Strahl met us for dinner, and Ivan entertained us afterward by playing his cello.

From Christchurch, the next few camps were at Amberley, Waiatu, Kaikoura, Ward and Picton. In Ward we camped in the rose garden of a farm stay place.

In Wellington we were met by the local cycle club and pointed in the direction of Lower Hutt and our camp site, and another rest day. From there we rode to Otaki over the Paikakariki Hill, and down to the West coast. The ascent is fairly gradual so it was not a bad climb, and of course the view from the top was wonderful. So was the ride down the hill. There was a fine view of the coastline stretching to the north, but the mountains that one should see from the top of the hill were obscured by cloud.

The next camping places were Palmerston North, Wanganui, Raitihi, Turangi, Golden Springs and Rotorua. From Palmerston North to Wanganui we were on back roads through Halcombe and Marton. The ride from Wanganui to Raitihi was quite strenuous, for we were climbing onto the interior plateau, but fortunately the weather was good. However on the following day from Raitihi to Turangi, it rained most of the way and it was still raining when we arrived. This was the one occasion where our resolve

to camp all the way was quickly forgotten and all, except Keith, rented cabins for the night. It was unfortunate that we saw nothing of the central volcanic mountains Ruapahu, Ngauruhoe and Tongariro since they were enveloped in cloud.

At Rotorua we enjoyed another rest day and the next camps were at Mount Maunganui, Waihi, Hot Water Beach, Coromandel and Thames. From there the final day took us to a motel in Papakura and the end of the ride. However not everyone reached Coromandel because of fear of the gravel road that crosses the north of the peninsula. Consequently many spent another rest day at Hot Water Beach and then back tracked over sealed roads to Thames.

The total distance ridden was about 2700 km. There was only one serious injury which occurred as we were boarding the ferry at Picton, Norm Wrigglesworth caught a wheel in the train tracks and fell on his wrist. With a broken wrist he spent the rest of the trip riding in the support vehicle. Motorists were usually quite courteous to us cyclists, but the occasional driver caused us some anxiety.

Everyone was greatly impressed with the New Zealand camp sites. Standard facilities are: hot showers, kitchens with stoves, refrigerators and instant hot water, and a lounge with a television set, moreover tent sites were usually grass lawns. The cost was around \$5 each.

The weather in the South Island was excellent, especially in Otago and Canterbury. At Kaikoura we ran into heavy rain. The North Island was not so kind, for we had two or three days in which we rode through the rain. Unfortunately when it rains on a tour one must keep going, otherwise the whole schedule is thrown out of kilter. If the weather is warm it does not matter so much that we get wet, for when the rain stops, we dry out quickly because of the exercise and the breeze from our progress. However, if there is a cold wind, it can be rather miserable, and we can only grin and bear it. There was one day like that.

But, all in all, it was a great trip and we thank John Philip for his good leadership. We are also grateful to Ivan Strahl for building shelves for our support vehicle and Brian Kennedy for storing bike boxes.

The following lines were sung to the tune of "John Brown's Body", at a reunion of New Zealand participants. They are reproduced here for the benefit of those unable to be present.

We went down under to New Zealand for a cycle ride,  
We rode some gravel roads while there to satisfy our pride,  
We saw the sheep in millions and the sun was northern side,  
Touring in New Zealand.

Chorus:

Up and down we went a touring,  
Even when the rain was pouring,  
Never ever was it boring,  
Riding there with us.

We camped among the roses there where'r we got the chance,  
We saw the trees with leaves that looked as though they were a  
lance,  
We found the ducks of paradise and watched the Maoris dance,  
Touring in New Zealand.

Chorus

We rode with many winds upon the head and on the tail,  
We cycled through the rain and cold and lived to tell the tale,  
We climbed the Lindis pass and then on down the hill we'd sail,  
Touring in New Zealand.

Chorus

We rode beside the mountains and we rode beside the sea,  
We stopped where'er we saw a sign for Devonshire tea,  
We ate the scones with jam and cream enough for you and me,  
Touring in New Zealand.

Chorus

Some day we'd like to go down there and have another try,  
At seeing everthing we missed, as gaily we rode by,  
We'll save our money so that we can in the future fly,  
To New Zealand once again.

Chorus

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## ANNUAL PICNIC & SWAP MEET - Aug 1.

This event will be held at Deer Lake Beach. Make a note on your calendar.

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## ITEMS FOR SALE

### Jerseys - Leo Comeau

New members: did you know that we have an attractive club jersey made locally? To date we have sold nearly a hundred, at a modest price. If you do not have one, or wish to have a another, please contact the office, 737-3112, or myself, 467-5823. Our cost has increased slightly, but we can still sell them to you for the original price of \$45 (plus postage if needed). Please use the order form.

### Sport sponges - Martine Donahue 689-2743.

There are sport sponges at the office at the bargain price of \$10. Please use the order form.

### Bicycles - Bob Douglas 435-3893.

The club still has two 1983 Norco Magnum GT 23" bicycles at \$100. If interested call Bob.

### Want to sell something?

If you have an item for sale related to the club's activities, we would be glad to include a note in the Newsbrief. Also remember there is a swap meet at the annual picnic on August 1 where you can bring such items for sale.

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## EVENTS

### Probike Northwest '91 - July 3-7

This event will be in Olympia, Washington, at the campus of Evergreen State College. Contact Carrie Mueller, Capitol Bicycling Club, 206-956-3321, or write to Capitol Bicycling Club, Box 642, Olympia, WA 98507.

### IMBA Festival - July 14-16

This International Mountain Bicycling Association event will be at Millersylvania State Park near Olympia. For information contact Karyn Blair 206-262-3305 or write Karyn Blair, Klein Bicycle Corporation, 118 Klein Road, Chehalis, WA 98532.

### VBC Single Sock Sentury - July 28

This is the Vancouver Bicycle Club's 50 & 100 km ride around the city. Contact Peter Oeschler 929-4565.

### Cycle Oregon IV - Cycle Oregon Inc. Sept. 8-15

This is an annual seven-day ride with average 74 mi (118 km) per day, max. 84 mi (134 km), and is limited to 2000 entries. Registration is due on August 1. For information call 503-224-7335 or perhaps 1-800-CYCLEOR, or write P.O. Box 40268, Portland, OR, 97240-0268, USA. Cost is US\$295. The route is Beaverton, Vernonia, Nehalem, Willamina, Stayton, Estacada, Tygh Valley, Hood River.

### China - 1991 October 6-26

This \$3888 cycle tour is arranged by Renshaw's Travel (it is not a CCCTS tour). The cycling is in the Guangzhou Guilin area. For information contact Mona Franzmann at (604) 733-1010.

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## 1991 TOURS

N.B. Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that only those tours listed below are Society tours.

New Zealand - March 3 to April 14, completed.

Oregon - May 11-25, completed.

Gabriola Island May 28-30, in progress.

Participants: (19) Ken Brothers, Darrel Clarke, Leo Comeau, Elizabeth Cutler-Hais, Martine Donahue, Russ Green, Frank & Jennifer Jacobsen, Peter & Chris Kabel, Lee Kraft, Ella Laramie, Monty Maundrell, Dennis Parsons, Albert & Noreen Redford, Gordon Rempel, Nick Roos, Molly Shepherd, Rae Wohlschlegel.

North! To Alaska May 31 - June 22.

Chuck Dick 261-5092.

Participants: (18) Jan and Lawrence Anderson, Elsie Dean, Vic DePaul, Chuck & Lynn Dick, Eva Folk, Theresa Green, Ken Grieve, Katryn Jeronimus, Theresa Keet, Mel Kerr, Peter Mix, John Peck, Roland Reader, Jack Wilcockson, Tage & Grethe Winckler.

Canadian Rockies July 1-29.

Martine Donahue 689-2743.

Cost about \$500, deposit \$50 now due. The deadline is June 7, we need more participants for this fine tour, otherwise there is a possibility of cancellation.

Leave Vancouver on July 1st and camp the first night at Fort Langley. Then on to Hope, Merritt, and Kamloops where we will have a rest day. We then take the Yellowhead Highway to Barriere, Clearwater, Blue River, Mt. Robson, and a stay at Jasper for a rest day. Its then on to Athabasca Glacier, Bow Lake, and Banff for another rest day. Homeward via Lake Louise, Field, Golden, Revelstoke, Peachland, Merritt, Lytton, Hope, and Fort Langley.

Total distance 2142 km, average daily 89 km, max 130 km.

Cultus Lake July 2-8.

Leo Comeau 939-0392.

Cost \$80 per person no later than June 15.

Leave from Coquitlam Park-and-Ride at King Edward and Lougheed Highway at 8AM. Travel via Lougheed Highway through Mary Hill bypass (United Way) on to Haney. Stop at McDonalds for Coffee and rest, 23kms. On to Abbotsford via

Mission bypass and bridge. Stay on No 11 to Abbotsford. In Abbotsford do not turn left. Turn right on Hazel Street, at traffic light. Go half a block to next light, and turn left on Railway St. W. Proceed south to Fraser Way, which takes you past McDonalds and Best Western Hotel, where we will meet the members from Victoria and have a half hour rest. Cross under pass on Sumas Way, make sharp left onto South Parallel Road, to No 3 Road, Yarrow Central and Vedder Mountain roads to Columbia Valley Road. Stay on it until you reach Honeymoon Bay site A camp ground. Note: other arrangements will be made for those coming from Vancouver Island. Meet in the evening to decide the other days activities.

We will have a support vehicle. Meals will be supplied at camp only, including lunches each day. Sunday barbecue may be arranged at camp. Camp policy is Minimum 15, maximum 50 campers. Friends and family are welcome during the day, but meal arrangements will be for cyclists only. Decisions made at meetings will apply to all participants. Bring your games, sunbathing and swimming clothes, song book, musical instruments etc., light lawn chairs.

This is an ideal trip for those that haven't been on long tours and wish to improve their cycling ability and to explore the beautiful Fraser Valley. Let's get together for one week, make new friends, cycle, swim, hike, sun bathe and have fun so we can repeat it each year. Wear your jerseys and show the world we have a worthwhile club, and that we can still be very active, even if we are seniors. It's affordable, available, and very rewarding, so let's hear from you as soon as possible, so we can finalize the plans.

For those wishing to come with their vehicles, there is limited parking (max. 6 including support vehicle).

For further information call Leo at 467-5823 or office at 737-3112.

San Juan Islands July 16-27.

Bob Douglas 435-3893,

Cost estimate is \$180, deposit \$30 by May 15 and balance by June 15. Day 1 to Larrabee State Park, Day 2 to Deception Pass, Day 5 to San Juan Island, Day 7 to Orcas, Day 9 to Shaw and Lopez, Day 11 to Larrabee, Day 12 - home. To date about 24 persons have expressed interest. Part time participants are welcome.

Port Renfrew August 21-30.

Dennis Parsons 383-2028, Noreen and Albert Redford 592-1865. Martine Donahue, 689-2743, will field questions from Vancouver area. Cost \$190, limit 30 members.

Hurry and get your \$30 deposit in before June 30 if you want to be among the select 30. If you are a hiker

you should try even harder. Rae Wohlschlegel has offered to coordinate a trip along the West Coast Trail for the two days that we are in Port Renfrew. This is serious backpacking and living out and is not recommended for the running shoe and string bag crowd - we will just have to enjoy three meals a day at the local hotel. More news to come.

On Day 1, most will rendezvous at Long Harbour on Saltspring Island when the ferry arrives from the mainland at noon. We will ride across the island to Vesuvius Bay to take another ferry to Crofton then ride to a campsite near Chemainus.

On Day 2 we ride to Qualicum which is a holiday resort with Little Qualicum Falls, Englishman's River Falls, and Coombs within easy cycling distances.

Day 3 Enjoy the beach or cycle somewhere.

Day 4 A long ride to Cowichan Lake.

Day 5 To Fairy Lake (Port Renfrew) with 30 kms of unpaved road to traverse. The road is well maintained by a logging company. Being Sunday there will be little traffic.

Day 6 Hike a part of the West Coast Trail. Choice of three distances.

Day 7 Recover from yesterday. Visit famous Botanical Beach. Swim. Play frisbee or bridge.

Day 8 Couple of steep hills on the way to French Beach but view from Point No-point makes it all worthwhile. Next day to Goldstream Park, 20 km from Victoria. Astound your friends with mention that you've visited Niagara Falls - not as magnificent as the falls in Ontario but still so named, and in this Park.

Day 10 Climb the Malahat and look down at the fjord while doing so.

#### Arizona - November

Bernice Gregory - 929-7533

Exact dates of this two-week tour in November have still to be decided. If interested please 'phone or write Bernice.

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#### FUTURE TOURS

Hawaii (the big island) - 1992 January 14-27

John Peck & John Philip

Maximum 24. Deposit \$150 by June 15, we have to reserve flights and rooms now. Estimated cost \$1500.

It will be a motel and restaurant tour, i.e., no camping, no cooking and no support vehicle. This means that you carry your clothing in panniers and leave air-flight clothing at the Hilo Motel. There is essentially only one road around the island, but on that there are some good hills. One day will involve a

gentle climb from sea level to 1200m (4000 ft). There will be a meeting of those interested in early Fall.

Those interested are: (20) Verena Blatter, Leo Comeau, Georgette Courchesne, Vic DePaul, Shirley Fisher, Bernice Gregory, Albert Hollinger, Katryn Jeronimus, Andre & Frieda Kaufmann, Richard Lebek, Anne-Marie Labourdette, John Peck, John & Dorothy Philip, Dennis & Freda Scoriah, Ray & Kathleen Wilkinson, Rae Wohlschlegel.

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#### Cross Canada - 1993 June - August

The year 1993 is the tenth anniversary of the incorporation of the Society, so there will be another Cross Canada Tour. Those interested please apply to the office.

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#### VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 263-8798.

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.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

Thursdays: Meet at 11AM at Community Centre in Ladner. Contact Bob Douglas 435-3893 or Al Hollinger 946-1347. Please note: Effective April 4th, starting time will be 10 AM.

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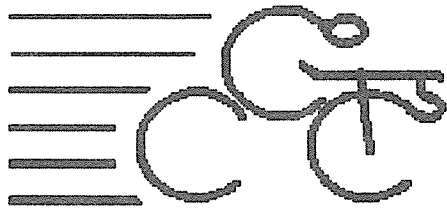
#### VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-2028.

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

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Humans are getting stronger. Some years ago it took two people to carry twenty dollars worth of groceries. Now a child can do it.



# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 8 NO.6

June & July 1991

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	734-5393
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

## OREGON 1991 - Ian Polley

We began assembling in Astoria, Washington on May 11, Al and Diane having cycled from Nanoose Bay, the rest of us arriving by automotive power. Our first camp site, Fort Stevens, was only 20km from Astoria. During that short distance, Brian had a flat tyre as we crossed the bridge over Youngs Bay.

Sunday dawned cloudy and overcast, an omen for days to come. It was a short ride to Nehalem, our destination for the day; due to the poor weather the route was not too scenic. A Scotch mist began later in the day, which turned to rain during the night and continued during the morning and ceased by the time we reached Tillamook. At our destination, Cape Lookout, the sun came out and the wind sprang up enabling us to dry out our tents and belongings.

The weather improved for the next few days, making for pleasant riding in a most scenic area. We had been warned by Ted that the Yamill Road camp site was not too hot and had asked Jan to try and locate an alternative site. She located one which can be described as rustic, with sufficient facilities and a large A-frame cabin where we cooked and ate. I'm still not sure whether it was an abandoned camp or a place not yet open for the season, however, it suited our needs.

We awoke the next morning to 0 degree temperature. Needless to say we did not hang around too long and were glad to be on the road. The majority of us were not aware that both the U-drive and Ken's van could not be started. Needless to say there was no coffee stop that day.

Our destination that day was the KOA in Salem, where we were able to do a laundry and clean up. The next day was, I believe, the best for cycling. The terrain was easy, after a couple of severe climbs, and the weather was good: also the countryside was most picturesque, we were now in the Willamette Valley. We stopped at the KOA Albany. That evening the rain

## PRESIDENT'S CORNER - John Philip

Our next club function, apart from upcoming tours, is the annual picnic and swap meet. This event will be held at Deer Lake Beach in Burnaby on Thursday, August 1st. Full details are given below.

At the last directors' meeting a committee was formed to nominate members, whose names will be submitted to the AGM in November, for election as directors for next year. The members of this committee are Leo Comeau, Bob Douglas, Ian Polley and Ted Stubbs. If you know someone you believe would make a good director, and who would be willing to serve, please give their name to one of the above directors.

See you at the picnic, John.

started and continued all night, making our camp area a quagmire, and causing many tents to become swamped. At breakfast on Friday morning, it was decided we would go into Eugene by Ken's van and stay in a hotel. Unfortunately all the hotels in Eugene were full, but we eventually found a B&B outside of town where we stayed for two nights.

On Sunday we were to meet a cycling group from Eugene and go for a ride with them. The weather was still moist and the Eugene group decided it was too inclement to go for a ride. Another hasty meeting was held and we decided to head for Corvallis and stay in a hotel; we were successful this time.

On Monday we took off for McMinville. The weather was overcast but dry. We were riding through wine growing country which appeared to be very well tended. We had now left the Willamette Valley.

Our next destination was Banics, a small nondescript town where we stayed at the fair grounds!! As it was only a 60km ride, most of us tarried and visited various attractions along the way, i.e., wineries. The U-drive again broke down in Banks, however a compassionate mechanic came to Jan's assistance. Because of Jan's late start, we again had no coffee break. Ted had again advised us that our next destination, Jewell, was very primitive and had again asked Jan to scout ahead and try and find something better. Once again she redirected us to a state park for Roosevelt Deer, where we were allowed, after negotiations, to spend the night, providing we camped out of sight of the highway.

On our last morning we awoke to find ice on our tents. Needless to say, we packed in a hurry and hit the road. The road between Jewell and Astoria was in terrible condition, probably caused by the logging trucks. We began arriving in Astoria at about 9AM and were all there by 10:30AM.

I think all the participants on this tour will agree that this should be tried again, hopefully with better weather. It is not too difficult a ride, but there were a few exceptions with steep hills.

Ted and Pat Stubbs deserve a vote of thanks for a good and well planned tour; we don't blame them for the weather.

---

### THE OREGON TOUR - Bob Douglas

Most of you will have heard of the atrocious weather - mist, rain and ice on the tents in the latter half of May. However any discomfort is long gone and we can now remember a grand trip, one that I would gladly repeat.

For starters we had a hike up to and a view from the Astoria Needle, followed by a short ride to the first

camp. That we followed by scenic delights including wild ocean breakers, small farms, forest groves, open plains with hundreds of acres of bright red clover, endless fields of mint and orchards of walnuts and hazel nuts by the score. We were often within sight of the Willamette River and crossed it on a free electric "trolley type" ferry. On the final days we shared an elk herd's haven and managed to survive a dozen miles of narrow broken-up hilly and curving roads with logging truck traffic. Nevertheless most Oregon roads are near perfect for cycling, and Eugene goes all out in accommodating bicycles.

I had the pleasure of riding along side a lovely doe deer for about a mile as she trotted and pranced down the railway bed just a few feet to my right.

Although dancing girls didn't appear from the birthday cake, we surely had as much entertainment from a birthday cake presented twice to thoroughly perplexed recipients, since neither had a birthday on that date, even though one managed to sign his own card.

I'm sure I speak for all when I say thank you to Pat and Ted for the trip planning and the thoughtfulness and consideration you extended to the group.

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### MIDNIGHT SUN TOUR - Eva Folk

Eighteen members went on this adventurous tour in a land that is mountainous and still mostly frontier.

We flew from Seattle to Anchorage at night, along with a huge mound of luggage, boxed bicycles, many boxes of kitchen equipment and finally the bundled up kitchen shelter. Arrangements had been made for a rental truck to be awaiting us, but to our great dismay, it was nowhere to be found. It turned out that the proper truck was not available, so they had forgotten about us. There was nothing to be done in the middle of the night, so our tour leader stayed in the airport until morning guarding the huge mound, while the rest of us taxied to the hostel and went to bed. What a start!

The next day we ended up with a U-Haul truck which Jan, our driver, was pleased with. From then on this well-planned tour went very smoothly, with no further upsets.

We left Anchorage on a good bicycle path, which carried on for about twenty miles, where we joined the George Parks Highway going north to Fairbanks. The first day, being Sunday, the traffic was heavy and there were many small settlements along this excellent, wide-shouldered, highway. But as we rode further, there were long stretches of wilderness and forests with few buildings. All along Alaska roads there were many wrecked cars looking somewhat untidy.

At Denali Park, on a rest day, we joined a bus tour which toured into the heart of this vast park, stopping frequently to sight animals and to view Mount McKinley.

After eight days of cycling we arrived at Fairbanks where everyone showered at the laundromat, at a cost of \$2.50, and then washed clothes. We spent an enjoyable day in this flat city of 72,000, where bicycle paths crisscross the city. In the evening we savoured a tourist salmon barbecue and saw a variety stage show.

On leaving Fairbanks, we were delighted to run into the town of North Pole, the home of Santa Claus. It was hard to leave its large Christmas gift shop and the tall Santa Claus on its huge pedestal beside the road.

Going south, the highway continued to be excellent. The nights were cold while most days were overcast and threatening. In general, the Alaska Pipeline followed this highway and we crossed over it many times and saw it snaking up the hill ahead. We cycled over high passes where snow covered peaks surrounded us and the lakes were covered in ice. There were long distances with no houses or settlements and worse, no coffee shops. If the weather turned moderate, the mosquitoes quickly found us and we retreated under our head nets; but we had only two days of serious 'skeeter' problems, as the rest of the time it was cool. We put the shelter up on most nights and were indeed grateful to have it.

At the junction joining the Alaska Highway and the Glen Highway the traffic increased and the shoulder disappeared. With the high steep drops to fast running rivers below, we had to be cautious and gave way to the big trucks. As we got closer to Anchorage, the land flattened to farmland. Here was civilization again so that cycling became easier.

At Anchorage we stayed for three nights at the Kobuk Motel, enjoying the luxury of bath, bed and restaurants. Arrangements had been made for us to go by bus to Whittier where we boarded a cruise boat for a tour of 26 glaciers in Prince William Sound. The following day there was a train trip to Seward, a deep sea port on the Kenai Peninsula. Our most vivid memory of Seward was the sight of a high bald mountain with a thin wavering path running up to the summit. It was a sight of wonder because, next day on the summer solstice, the annual run up this mountain would take place.

Our last day in Anchorage was spent packing our equipment, and then ranging all over the city, sight-seeing and watching the celebration of the solstice. There were also some eager shoppers.

What we found remarkable on this tour was the long day. At eleven in the evening it was still light enough to read. I hope this tour will be repeated before too long because more of our members should have the opportunity to see Alaska.

## ALASKA - John Peck

There were eighteen souls  
That braved the cold  
Of the great white land in the north.  
They boxed their bikes,  
Of various types,  
And boldly sallied forth.

The 'plane that flew  
Beyond the blue  
Took them one and all.  
And set them down,  
In Anchorage town,  
Midst Alaska's mountains tall.

They spent a day,  
In a frustrating way,  
Putting their bikes together.  
And in the morning,  
Despite a warning,  
Of changing of the weather,

They started forth,  
Toward the north,  
On bicycle lanes aplenty.  
But it wasn't far,  
At least by car,  
When the lanes ran out to empty.

The big wide shoulder  
Made them feel bolder  
As they continued on their tour.  
And the cold wind blew  
And the sun shone through  
Changing clothing every hour.

There were many uphill,  
But not any spills,  
As the mountains appeared in the park.  
And soon they would find  
The mountains behind,  
But never was there any dark.

The camp sites were rough,  
And some thought it tough,  
That showers were way down the street,  
So many went dirty  
From six to ten thirty,  
With clothing that wasn't so neat.

But when all was done  
We had lots of fun  
Riding our bikes in Alaska.  
But how did she fare  
When she saw the brown bear,  
If you want to know I'll ask 'er!

To the editor:

I enjoyed very much the Tall Hat Tale by Raynel Merness. I hope this talented writer will send more contributions to the Newsbrief. Eva Folk.

Joe Lavery,  
540 Mahon Avenue,  
North Vancouver, B.C.,  
V7M 1M5.

988-2906 980-0582

Simon Renaud,  
2-2604 Pere Lelievre,  
Quebec, P.Q.,  
G1P 2X8.

683-4805

---

### WELCOME TO NEW MEMBERS

Roy Barrows, 433-2877  
6292 Berwick St.,  
Burnaby, B.C.  
V5H 1W2

Karl Selig,  
3480 River Road,  
Delta, B.C.,  
V4K 3N2

946-9766

Tony Blackbourne, 705-472-0939  
173 Campbell Ave.,  
North Bay, Ont.,  
P1A 1W2.

Wilma (Billie) Smith,  
Apt 206, 1503 - 20th Ave.,  
Longview, Wash  
USA 98632

Paul & Daphne Clancy, 980-7806  
1096 Premier Street,  
North Vancouver, B.C.,  
V7J 2H2.

Aileen Wilkinson,  
G06 - 1490 Pennyfarthing Dr.,  
Vancouver, B.C.,  
V6J 4Z3.

731-7706

Eduado H. Cuggia, 436-3104  
5546 S.E. Marine Drive,  
Burnaby, B.C.,  
V5J 3G8.

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### CALLING ALL COOKS

If you have a favourite recipe for 20 cyclists on tour, please let us have it so that we can fill out our cook book. Just send it to the office, marked "Cook Book". Also, if you have suggestions for touring equipment we need, please contact equipment managers Martine or Ian, or send your suggestion to the office.

Carl & Joyce Dukeshire, 685-2696  
18-4630 Lochside Drive,  
Victoria, B.C.,  
V8Y 2T21.

Max Hearne,  
58 Abergeldie St.,  
Dulwich Hill, NSW  
Australia, 2203

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### NOMINATIONS FOR DIRECTORS

We will soon be calling for nominations. If you know someone who might usefully serve as a director for 1992, please start thinking now about a nomination. Send your idea to the nominating committee mentioned above.

Joan Herbert, 403-455-3774  
11847 - 134 St.,  
Edmonton, Alta.  
T5L 1T6

Frank & Jennifer Jacobsen, 592-0831  
104-1527 Cold Harbour Road,  
Victoria, B.C.,  
V3Y 1M5.

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### ANNUAL PICNIC & SWAP MEET - Aug 1.

This event will be held at Deer Lake Beach starting at 11AM; access is from Burriss Ave. between Canada Way and Kingsway. Lunch will be available at a cost of \$3.00. If you have cycling and camping items to sell or swap please mark them clearly with your name and price. There will be a table for such items.

Arne & Katherine Johannesen, 465-6621  
19832 Wildwood Cresc.,  
Pitt Meadows, B.C.,  
V3Y 1M5.

## EVENTS

### VBC Single Sock Century - July 28

This is the Vancouver Bicycle Club's 50 & 100 km ride around the city. Contact Peter Oeschler 929-4565.

### Multiple Sclerosis Bike Tour - August 18.

A fund raising 53km or 68km ride in Richmond, sponsored by Noranda Forest and others. For information call 437-3244 or 1-800-663-4087.

### Cycle Oregon IV - Cycle Oregon Inc. Sept. 8-15

This is an annual seven-day ride with average 74 mi (118 km) per day, max. 84 mi (134 km), and is limited to 2000 entries. Registration is due on August 1. For information call 503-224-7335 or perhaps 1-800-CYCLEOR, or write P.O. Box 40268, Portland, OR, 97240-0268, USA. Cost is US\$295. The route is Beaverton, Vernonia, Nehalem, Willamina, Stayton, Estacada, Tygh Valley, Hood River.

### China - 1991 October 6-26

This \$3888 cycle tour is arranged by Renshaw's Travel. The cycling is in the Guangzhou Guilin area. For information contact Mona Franzmann at (604) 733-1010.

### Tour des Lacs - September 28-29

Choice of 80 mile or 200 mile two-day ride near Spokane and Couer d'Alene with support. Registration \$40 Canadian, profit to the Holy Family Hospital in Spokane. For information write: Tour des Lacs, Holy Family Foundation, North 5633 Lidgerwood, Spokane, WA, 99207, or 'phone 1-800-835-8841 or 509-482-2588.

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## 1991 CCCTS TOURS

N.B. Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that only those tours listed below are Society tours.

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Oregon - May 11-25, completed.

Gabriola Island May 28-30, completed.

North! To Alaska May 31 - June 22, completed.

Canadian Rockies July 1-29, cancelled.

### Cultus Lake July 2-8.

Participants: Leo Comeau, Ken Brothers, Eva Folk, Frank & Jennifer Jacobsen, Dennis Parsons.

### San Juan Islands July 16-27.

Bob Douglas 435-3893.

See previous Newsbrief for abbreviated itinerary. Participants: (26+3) Sam Bigelow, Ken Brothers, Darrell Clarke, Josephina Curtis, Neil Dobson, Bob Douglas, Theresa Green, Marie Hackinen, Joan Herbert, Jack Hermiston, Pauline Jorgensen, Mel & Betty Kerr, Andre & Frieda Kaufmann, Lee Kraft, Pat Lilley, Raynel Merness, Albert Manser, Marten McCready, Dennis Parsons, Marian Porter, Nick Roos, Dennis & Freda Scolah, Norman Wrigglesworth; part-time: Peter & Chris Kabel, Ken Kraft.

### Port Renfrew August 21-30.

Limit 30 people. Cost \$190, with \$30 deposit by June 30, and remainder by July 31. Contacts: Dennis Parsons 477-7744, Noreen and Albert Redford 592-1865, Martine Donahue 689-2743. Backpackers bring backpacking equipment.

Participants: (18) Hinda Avery, Art & Brenda Borron, Ken Brothers, Leo Comeau, Brian Curtis, Elsie Dean, Russel Green, Max Hearne, Katryn Jeronimus, Brian Lamb, Ella Laramie, Albert & Noreen Redford, Gordon Rempel, Nick Roos, Bob Stevens, Rae Wohlschlegel.

Albert and I travelled the course in his van to confirm camp sites and make changes where necessary. What follows is news.

Day 1 we pitch tents at Bald Eagle camp site near the washroom and water outlets.

Day 2 sees us at Rath Trevor in Parksville. This will shorten the later trip to Cowichan Lake by 8kms, while still leaving us, on the following day off, within easy riding distance of Coombs, Little Qualicum Falls and Qualicum Beach.

Day 3 is rest day, see above.

Day 4: We use the lawn of Southshore Motel to camp, with one room set aside for showers. If the weather is foul, we can cram in to watch colour TV.

Day 5: Sunday and that dreadful 33kms of rough road. We found it had been freshly graded and was covered with loose pebbles, but it is not gravel, and when we get there most of the stuff will have been pressed into the ground. The other good news is that the whole distance is mostly one long gradual downhill. We met only one vehicle over the entire distance.

Day 6: We must get to the dock side by 8AM to be taken to Owen Point if we're serious or a closer landing if we're neophytes. Cost will be \$10 or \$8.

Day 7: While those hardy souls are struggling back along the West Coast Trail to beat the bell, we others can be visiting Botanical Beach and (here's a newey), the biggest Douglas Fir in the World. Fairy Lake is as warm as soup at this time of the year and the mosquitoes have perished from sunstroke.

Day 8: Those that missed the biggest Douglas Fir will have a chance to visit it as we travel to French Beach. There are two or three steep hills, so wear your walking boots.

Day 9: Hope you stopped to admire the view at Point-no-Point. Today you will glide through Sooke and, unless you're watching, you'll go right by 17 Mile House. Don't do that! This place is a little bit of B.C. history. Turn left on Humpback Road. At Miller's you will see a sign pointing you to Goldstream Park. The camp site is perfect.

Day 10: The biggest thrill of your life awaits you - climbing the Malahat. Good luck, I hope you make it.

### Arizona - November

Bernice Gregory - 929-7533

This tour will be in the first two weeks of November. If interested please 'phone or write Bernice.

Interested: Victoria Bernhardt, Martine Donahue, Bruce Hudson, Poul Svendsen.

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### FUTURE TOURS

Hawaii (the big island) - 1992 January 14-27  
John Peck & John Philip

Maximum 24. Deposit \$150 was due by June 15. Estimated cost \$1500.

It will be a motel and restaurant tour, i.e., no camping, no cooking and no support vehicle. This means that you carry your clothing in panniers and leave air-flight clothing at the Hilo Motel. There is essentially only one road around the island, but on that there are some good hills. One day will involve a gentle climb from sea level to 1200m (4000 ft). There will be a meeting of those interested in the first week of September.

Participants: (24) Verena Blatter, Leo Comeau, Georgette Courchesne, Vic DePaul, Shirley Fisher, Bernice Gregory, Albert Hollinger, Anne Ives, Emil Jensen, Katryn Jeronimus, Andre & Frieda Kaufmann, Harry Lang, Richard Lebek, Anne-Marie Labourdette, John Peck, John & Dorothy Philip, Dennis & Freda Scoriah, Poul Svendsen, Ray & Kathleen Wilkinson, Rae Wohlschlegel.

Waiting list: Miep Dennison, Bob Helms, Russel Green, Mario Lovricic, Josephine Chapman.

### Cross Canada - 1993 June - August

The year 1993 is the tenth anniversary of the incorporation of the Society, so there will be another Cross Canada Tour. Those interested please apply to the office.

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### VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 263-8798.

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.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347 or Bob Douglas 435-3893.

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### VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 477-7744.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 477-7744.

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### FRANCE IN SEPTEMBER ?

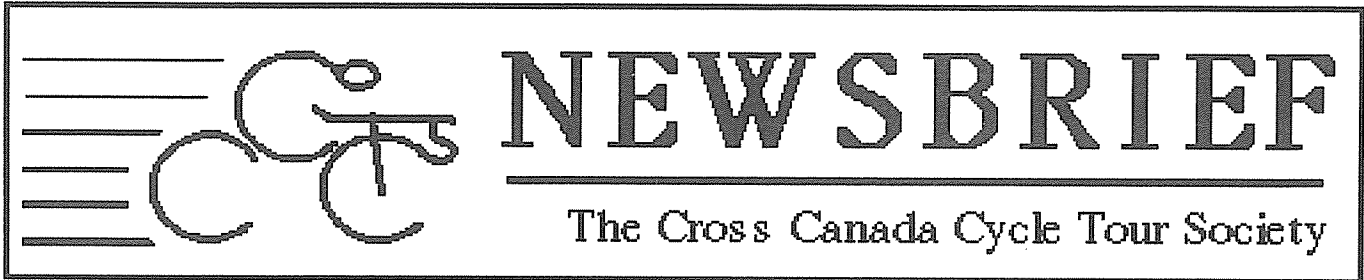
Peter de Vooght (a non-member) is cycling in France for two weeks this September. Anyone interested in going with Peter should 'phone him at 736-0721 or write 205-4101 Yew Street, Vancouver, B.C., V6L 3B7.

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Rotate your tyres. The rear wears more than twice as fast as the front, so switch to get maximum use.

Wrap tape around your bike's seat post where it enters the frame, so you can relocate your ideal seat height if the post slips or is removed.





VOL. 8 NO. 7

August 1991

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	531-0260
Vice-President	
Ted Stubbs	321-2784
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Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	734-5393
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Membership Secretary	
Lynn Dick	261-5092
Equipment Managers	
Ian Polley	531-6955
Martine Donahue	689-2743
Social Convener	
Eva Folk	591-9345

Members should note on their calendars that the Annual Banquet will be held at the Ladner Community Centre on Friday, November 22nd, and the Annual General Meeting will take place on Saturday, November 3rd. We will provide more details on these events in later Newsbriefs.

Dorothy and I have now moved to White Rock. Our new telephone number is 531-0260.

Cheers, John

#### NORTH! TO ALASKA - Lynn Dick

As the 'plane banked for its landing at Anchorage airport, Mt. McKinley, without a cloud, came into view, whereupon an Alaskan gentleman aboard remarked, "Take a good look. You'll be lucky if you see it like that again." Well, we were lucky, because we did see it like that again, often. We also saw a lot of Alaska's other beautiful mountains. I remember one morning in particular when Mounts Drum, Sanford and Wrangell stood out against the skyline as we climbed the hill from Sourdough campsite. The lakes, too, were lovely, even Summit, covered in ice. And Paxson, azure blue, rated a picture for sure.

Those of you familiar with our Cariboo weather will know what Alaska's weather was like. The mornings could be clear and cool (cold?) and then as the sun warmed, the clouds began to form. The sun and the clouds played hide and seek, so it was on coat, off coat, a lot. One day some of our group had hail bouncing off their helmets. We had some lovely evenings - just right for walking to the nearest shower, or to the ice cream and pie shop, or for sitting around talking over the day's ride. The long hours of daylight were a treat, except that the robins were thoroughly confused and chirped evensong all night.

We saw our fair share of Alaska's wildlife, too. One morning there were half a dozen swans gliding on a small lake. I was surprised when a red fox ran

#### PRESIDENT'S CORNER - John Philip

About 60 members came to the annual picnic and swap meet which was held at Deer Lake Beach in Burnaby on August 1st. The weather was cool and overcast to begin with, but the sun came out later. This was an opportunity for friends to meet and talk, and to show their tour photo albums. The swap meet was a success with much biking and camping equipment changing hands.

Many thanks must go to Eva Folk and Grethe Winckler for buying and preparing the picnic meal which was enjoyed by all. Thanks also to Leo Comeau for organizing the refreshments, and for getting the swap meet going. We are grateful to Shirley Fisher for suggesting Deer Lake as the picnic site, and for helping us there.

out of the bush, but he took one look at me, turned his bushy tail and fled. Some of our group were startled by black bear crossing the highway and there were marmots, lots of rabbits, caribou in a field and Dall sheep. On our trip into Denali Park we were treated to the sight of a grizzly (much to the relief of our driver who seemed very anxious that we should see at least one). He was disappointed, though, when he didn't spot any wolves. When we toured the glaciers we saw numerous groups of sea otter with young on mum's tum. Sea lions sunned on ice floes, and some of our group caught a glimpse of Belugas swimming in Turnagain Arm.

Another thing we discovered on this trip was how well some Alaskan businesses treat their customers. A certain dry cleaning establishment in Fairbanks must have the most accommodating delivery service in North America. They delivered a pair of slacks to our campsite, fifty miles from Fairbanks, at 2AM one morning. Never mind that we were asleep by that time. The driver's persistent honking finally woke one member who learned that the driver had been looking for us since 5PM the night before. Now that's service!

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### THE WRONG SLACKS - John Peck

Lynn Dick's reference to the delivery service of the Fairbanks dry cleaner prompts me to tell more of the story.

After riding fifty miles from Fairbanks, we found a campsite near a lake and all pitched our tents. It was a warm evening and the mosquitoes were at their worst. They even hovered around our warm dinner plates and dropped into our food. Though mosquitoes are probably good protein, I didn't feel like a swallow!

We soon went to bed to avoid the pests. Some time during the night I was awoken by the arrival of a car and the sound of voices. Soon after that I heard the rattle of the truck door as it went up. Now, seasoned tour riders know that this is the signal to get up and pack everything for breakfast will soon follow. Since it never was dark in Alaska, I glanced at my watch to observe that the time was 2AM, so I settled down to listen. After some ten minutes, the sounds died away and the car was heard departing. I slept until the morning.

That morning we all heard the story. Terry was not so lucky; she didn't look at her watch until she was dressed and had packed everything. Only then did she realise that it was a false alarm.

Lynn had left her slacks with a dry cleaning establishment in Fairbanks. Not wanting to wait around to collect them, she handed the ticket to Jan and asked her to get them. Jan picked up the slacks but did not know that they were the wrong ones.

She kept them in the truck and Lynn did not ask for them that evening.

Presumably a customer in Fairbanks declined to accept slacks that were not hers. The young Vietnamese owner of the establishment was horrified that she had made an error, so she set out to correct the mistake and it cost her dearly. She left Fairbanks at 5PM, calling at every little settlement to ask where the cyclists had gone, until she eventually located us at 2AM. Then she had to wake someone to find Lynn. But Lynn had to wake Jan and Lawrence who were sleeping in the truck. Thus the truck door was raised, and while Jan frantically kept the mosquitoes at bay, the whole hilarious set of events unfolded. It was a night to remember.

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### SAN JUAN ISLANDS - Raynel Merness

In my last contribution to the Newsbrief, I mentioned that other tours would serve as a means of placing the New Zealand tour in its context. I feel a sense of amusement now as I realise how pretentious that statement was. How can one place values on such an emotional experience as a bike tour? This was brought home to me after being a participant in the recent San Juan tour, a tour far removed from the New Zealand one in terms of effort, space and time. But to me it was tremendously enjoyable, for it was in my adopted homeland, the Pacific North West, a part I had never seen before, the San Juans.

My companions, for the most part, were new to me. So I was quickly involved in the pleasurable task of making new friends and admiring bikes, particularly the "Moultons" of Dennis and Frieda. They have the appearance of a work of art in their profusion of delicate tubes and small wheels.

Our first camp was Larrabee State Park, a beautiful spot surrounded by trees, with a short walk to the showers etc. I blotted my copy book by leaving my wrist watch in the showers, a mistake that gave me a long and lonely ride on my last day (I am willing to tell anyone the story at the drop of a hat). The next morning, our ride down the Chuckanut Drive was a glorious experience, the scenery is superb. Our navigator supreme, Dennis Parsons, took us along a path across the salt flat lands, an interesting detour. We arrived at Deception Pass camp ground to find that the previous night's occupants were still there, so Dennis and I continued on to Oak Harbour. With the skill of veteran cake and cookie connoisseurs we found our way to a bakery, a wonderful establishment that sold huge delicious coffee cakes at a ridiculously low price. I believe the name is "Chris", or something like that, and I firmly recommend it to our members.

The next day was a rest day; some of us went to La Connor; the rest explored Whidby Island. That afternoon a few of us picked strawberries at a nearby farm. Needless to say, our eyes were bigger ... etc., and we ate them for the next two days, hardly an onerous task. Our tents were pitched in a lovely spot and we had one toilet all to ourselves, not hard to imagine why. A few of us hung back the next morning in order to do some sightseeing in Anacortes. We caught a later ferry and were rewarded by a huge garage sale, four blocks long down the main street. I stoutly resisted all temptations and my pannier bags were filled only with purchases of weaker brethren (just call me cheapskate).

I could fill several Newsbriefs with memories of the four islands we visited next, San Juan, Orcas, Shaw and Lopez. The scenic beauty of them all is breathtaking. There was the strangeness of the Mausoleum on San Juan, the lovely camp we had at Moran State Park, the view from the summit of Mount Constitution, a young man who smiled at my remarks in the store at Shaw. Finally at Lopez Island in the tiny village of Lopez I reached the pinnacle of culinary appreciation when I ate a slice of peach and blackberry pie at the local --- no, to call it bakery would be an injustice, purveyor of heavenly delights would be more apt.

Our final night was saved from disaster by Pauline Jorgensen. On finding that there was no room at the inn, she very kindly offered us the use of her summer home in Whatcom County. This offer was quickly snapped up. Thank you Pauline. Also thanks to Bob, Jan and Lawrence.

The next day was a long and lonely -----.

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### SAN JUAN TOUR - Bob Douglas

There is a description of this tour elsewhere so I shall confine my comments to thanking those who participated and reporting on costs.

Our costs (in Canadian dollars) were: food \$1,642.11, vehicle \$784.87, camping \$612.76, gift to the Society for use of equipment \$166.08, gifts to three members for special favours to the group \$150.00, and miscellaneous \$71.20. This worked out at \$14.22 per person per night and leaves a small balance for refunds.

The cooperation of all those involved and the many willing hands made coordinating chores a pleasure.

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### DID YOU KNOW THAT - Theresa Keet

Alaska has over three million lakes and a hundred thousand glaciers. It is one fifth the size of continental US and has over 37 thousand miles of

coastline. The population is a half million, half of whom live in Anchorage.

Alaska was known as Russian America. William H. Seward, then Secretary of State, negotiated the purchase in 1867 for the price of 7.2 million dollars, or about five cents per acre. Alaska was then also known as Seward's Folly.

In 1908 the Alaska Road Commission surveyed a trail from Seward to Nome to provide more direct winter transportation by dog sled. During the winter of 1910-11, nearly a thousand miles of trail were marked and cleared. It became known as the Iditerod Trail, and is today used for hiking, skiing and the running of the annual 1,049 mile Iditerod Trail Sled Dog Race.

In Seward is the annual Mt. Marathon Race, which started in 1915. The record time is 45 minutes ascending and descending the 3,022ft mountain.

In 1910, two Alaskans climbed the summit of the North Peak of Mount McKinley, the tallest in North America. The first South Summit ascent was in 1913, and the total successful climbs by 1990 were 6602. From base to summit, Mount McKinley is the tallest mountain in the world, rising from a 2,000ft base to 20,320ft. It was called Denali, the "High One", by the Athabaskan native people.

Bears have been clocked at 35 mph, and so can outrun humans easily. There are an estimated four to six thousand polar bears in Alaska, more than fifty thousand black bears and some 35 thousand brown bears.

One in fifty Alaskans owns an airplane. The Lake Spenard/Lake Hood float plane complex in Anchorage has more take-offs and landings than O'Hare International Airport.

Alaska's state bird is the ptarmigan. Legend has it that the population of a small town on the Yukon River wanted to name the township after the ptarmigan, but there were arguments over the correct spelling. As a compromise they named the town Chicken.

Our Alaska Midnight Sun Tour was a once-in-a-lifetime experience, and was well organized by Lynn and Chuck Dick. We were looked after by Jan and Lawrence Andersen, who did a superb job. There is nothing better than the sight of the truck with that cup of coffee after the first 20 miles of biking. Many thanks!

---

### LOOK TO THE MOUNTAINS

Jack Wilcockson

That's the name of a historical novel, that I read many years ago, about early-day eastern Americans 'pulling up stakes' and moving westward. I suppose I have always looked to the mountains, fostered in my very early days by a father who then was a

member of the B.C. Mountaineering Club. The recent Alaska trip was, for me, a great experience. Particularly so was the north-bound 60 mile day we cycled parallel to the majestic Alaska Range, with its continuing panorama of snow and ice-covered peaks and valleys. Cycling that day could not have been more idyllic: brilliant sunshine, fewer passing vehicles than I have seen anywhere, magnificent scenery, and lastly, but by no means the least, the solitude.

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### LOELLA INTERVIEWS LEO COMEAU

Editor's note: This was received some time ago.

This Cultus Lake Tour will require that you, Leo, stand in line on the first working day of 1991 to get exclusive rights for us to pitch our tents on a very large camp site right on the lake, and for us to be able to leave them up for six whole days in the early days of July? And Eva Folk is to arrive with chili con carne for our first meal? This sounds like the beginning of a very enjoyable holiday.

The first tour is to be into the Columbia Valley, where one shouldn't be surprised to come upon Snow White and the Seven Dwarfs, while listening to the Trapp family singing in the surrounding mountains? Is that so?

And what do you expect for supper that night? Blackened fish, Creole style you say. Wow!

I see that you expect to ride to Harrison Lake along pleasant by-ways, and return to base to enjoy German smoked sausage and baked beans.

Is it true that Albert Redford, in order to observe the rule of no noise before 7AM, will travel fifteen kilometres into Chilliwack to enjoy his morning coffee in peace?

So Jennifer and Frank Jacobsen are to cook a delicious spaghetti dinner and, next morning, a tasty banana pancake meal.

Can we get this straight, Leo? There is to be a limit of only seven people, with Pat Stubbs arriving later, in time to enjoy a ride into Chilliwack Lake? Well she will be one more to view a panorama to rival that of Lake Louise. So much closer to home too.

On the last day you have a trip planned to Bridal Falls? Just to fill in, I suppose, but it will be through fine flat country.

Just one more question, please. You say Ken Brothers is to be porridge maker and trouble .....? OK? OK? I won't report that.

And you also don't want me to mention the grandest of all meals that you intend to prepare for this exclusive group?

Well thanks Leo. I must move on to my next interviewee.

---

### CYCLIST'S DREAM HOLIDAY - Eva Folk

On July second we arrived at Cultus Lake. We set up our tents on the grass beside the lake where they stayed for a week. We carried our supplies and cooking equipment from Ken's new trailer down to the large kitchen shelter, and they stayed there the whole time. Whoever wanted to, made the meals, and Leo did the shopping. We loved Dennis's "blackfish" and Jennifer and Frank made gourmet banana pancakes one morning. We had the traditional begin-of-tour and end-of-tour meals. Do you know what these are?

After a leisurely breakfast, we would pack a lunch and go cycling for the day. We explored the Columbia Valley, where farming is still taking place about the same as when it was settled in 1911 or so. We went to Harrison Hot Springs one day, a total of 100 easy kilometres. Another day we rode a gradual uphill road to Chilliwack Lake, another 100 kilometre trip, but the return downhill was delightful. Another trip was to Bridal Falls. Some people stopped off to see Minter Gardens. There are many walking trails around the lake and some of us went walking. Then there was always the joy of a dip in the lake; Pat especially enjoyed this.

On getting back to camp, Albert made a fire in the central fireplace and we ate our dinner by the dancing flames. The nights were cool and quiet for a sound sleep in our tents. One night Eva, whose tent was closest to the kitchen shelter, woke everyone by yelling at an intruder with fiery eyes to get out. It was a racoon that ran away with half a loaf of bread; but it could have been a bear.

Compared to the daily hustle and moving on of cycle tours, this was a time of gentle relaxation and rejuvenation. We will always remember this golden sunny week by the lake and wish that every club member could experience a time like this. Thanks Leo, please save a week for next summer.

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### I SURVIVED HURRICANE RIDGE RIDE

Leo Comeau

On August 6th, Eva Folk and I took the 12 o'clock ferry to Victoria on the first leg of the Hurricane Ridge climb. We were met at the ferry by Doc Watson, who led us down the Patricia Bay Highway. After settling down at Doc's place, a dozen of us met at Uncle Willie's for dinner, and prepared ourselves for the next day's ride. Roy and Dorothy Cook invited the gang over to their place for coffee and refreshments, which we thoroughly enjoyed, while reminiscing past experiences and tours. Many thanks to Roy and Dorothy.

Next morning we were up at five o'clock to catch the 6:30AM ferry to Port Angeles together with Art

and Brenda Borron, Nick Roos, Brian Lamb, Dennis Parsons and Bruce Hudson. Even Dennis made it on time, but he still beat Bruce from Nanoose. We got off to a very joyful start. After stopping at a coffee shop in Port Angeles, we headed out for Hurricane Ridge. It was 30km (19m) up with no downhills, no level sections, all up and up.

The day was beautiful until we were four or five miles from the top where we hit heavy head winds (that's why they call it Hurricane Ridge), and rain, but we pushed and we pushed and we were going so slowly that we couldn't keep our balance, although we made it. We had a hot bowl of soup or chili con carne and a coffee and were ready for the return down to Port Angeles.

The down hill was superb, it made us forget the aches and pains and frustrations we had going up. We reached Port Angeles in record time and after a few suds at the local pub we were very well relaxed for the ferry ride to Victoria.

I wish to thank Doc Watson, Nick Roos and their wives for billeting Eva and I on this trip. Many thanks to Dennis Parsons, our conscientious and tireless worker for the Society in Victoria.

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## BICYCLE PATHS

Robert Helms tells us that he has written to the Regional Director of Transportation and Highways complaining about the flooding of the bicycle lane at the south end of the Alex Fraser Bridge and about the disorganised Nordel approach. He also mentions, amongst other things, the dangerous parking situation near the ferry terminal on highway 17. Thank you Bob from all of us.

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## THE NEW LOOK

You will notice that the text of this Newsbrief looks better, because we are now using a laser printer rather than the old dot matrix printer. Notice how the letters are clean and clear, which makes it easier to read.

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## NOMINATIONS FOR DIRECTORS

We will soon be calling for nominations. If you know someone who might usefully serve as a director for 1992, please start thinking now about a nomination. Send your idea to the nominating committee: Bob Douglas, Leo Comeau, Ian Polley, Ted Stubbs.

## MEMBERSHIP EXPIRY DATE

The date of expiry of your membership is now shown on the Newsbrief address label. For example [91-10] means that your membership expires at the end of October 1991. Please send in your membership dues before the expiry date.

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## FOR SALE

**Sleeping bag** in excellent condition, mummy shape with generous shoulder, hip and foot room, chevron stitched overlapping tube construction baffles, draft tube the length of the two-way heavy duty zipper, 35oz. prime white goose down, 650 fill, 10" loft. Top of the line trailwise bag good to -15°C. Total weight, including stuff sack 3.5lb. Bag with a built-in hood is designed for a person to 6ft. and only for those who want a quality bag - \$210 firm. Chuck or Lynn Dick 261-5092.

1984 Norco 15 speed, 21 inch **touring bike** in mint condition. This is my brother's bike which has been hanging in my basement in Vancouver virtually unused since it was bought. \$250, John Philip 531-0260

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## OTHER EVENTS

**Vancouver Bicycle Club** - Sunday Sept. 29.

Second Sock Century 50km or 100km fun ride around Vancouver. Early registration \$10. Contact Peter Oechsler 540-9635.

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## 1991 CCCTS TOURS

**N.B.** Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that only those tours listed below are Society tours.

**New Zealand** - March 3 to April 14, completed.

**Oregon** - May 11-25, completed.

**Gabriola Island** May 28-30, completed.

**Alaska** May 31 - June 22, completed.

**Canadian Rockies** July 1-29, cancelled.

**Cultus Lake** July 2-8, completed.

**San Juan Islands** July 16-27, completed.

## Port Renfrew August 21-30.

Dennis Parsons 477-7744, Noreen and Albert Redford 592-1865, Martine Donahue 689-2743. Cost \$190.

Participants: (Victoria) Art & Brenda Borron, Brian Curtis, Russel Green, Brian Lamb, Albert & Noreen Redford, Gordon Rempel, Nick Roos, Bob Stevens, Rae Wohlschlegel, (Vancouver) Hinda Avery, Leo Comeau, Roy Cushway, Elsie Dean, Victor dePaul, Max Hearne, Pat Stubbs, Martine Donahue.

### Itinerary:

Wed. 21, Bald Eagle Campground 5 km north of Crofton, Vancouver people take Tsawwassen - Long Harbour ferry to Saltspring 10:05-12:45, then Vesuvius to Crofton.

Thu. 22: Rath Trevor Beach, via Parksville, 60km.

Fri. 23: Rest Day.

Sat. 24: Southshore Motel via Cowichan Lake (short cut before Duncan), 115km.

Sun 25: Fairy Lake campground, 54km (33 unpaved).

Mon 26: Hiking. 08:00 at dock side. Owen point overnight.

Mon 27: Hiking, Thrasher (day hikers).

Tue 28: French Beach Provincial CG, via 4, 59km.

Wed 29: Goldstream Park CG, via route 4, Sooke, Humpback Road (left), 49km.

Thu 30: Mill Bay Ferry (Vancouver) to Swarts Bay, via Malahat Highway, 20km.

### Arizona - November 5-21.

Bernice Gregory 929-7533,  
Leo Comeau 467-5823.

Limit 24, deposit \$500 by September 15. Total expenses could be close to \$1000. Itinerary: Phoenix, Buckeye, Gila Bend, Casa Grande, Florence, Globe, Safford+, Willcox, Benson, Sierra Vista, Nogales, Tuscon, Phoenix+. "+" indicates rest day. Total cycling distance 1081km. We will probably fly from Bellingham.

Interested: (13) Victoria Bernhardt, Ken Brothers, Leo Comeau, Martine Donahue, Theresa Green, Bernice Gregory, Bruce Hudson, Mike Kelly, John Peck, Noreen & Albert Redford, Poul Svendsen, Doc Watson.

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## FUTURE TOURS

**Hawaii (the big island) - 1992 January 14-27**  
John Peck 538-0195 & John Philip 531-0260.

Maximum 24. Deposit \$150 was due by June 15. Estimated cost \$1500. There will be a meeting of those interested at 10AM on Monday, September 9,

at the Long House of the South Delta Recreation Centre, 1720 56th Street, Tsawwassen.

It will be a motel and restaurant tour, i.e., no camping, no cooking and no support vehicle. This means that you carry your clothing in panniers and leave air-flight clothing at the Hilo Motel. There is essentially only one road around the island, but on that there are some good hills. One day will involve a gentle climb from sea level to 1200m (4000 ft).

Participants: (24) Verena Blatter, Leo Comeau, Georgette Courchesne, Vic DePaul, Shirley Fisher, Bernice Gregory, Albert Hollinger, Anne Ives, Emil Jensen, Katryn Jeronimus, Andre & Frieda Kaufmann, Harry Lang, Richard Lebek, Anne-Marie Labourdette, John Peck, John & Dorothy Philip, Dennis & Freda Scoriah, Poul Svendsen, Ray & Kathleen Wilkinson, Rae Wohlschlegel.

Waiting list: Miep Dennison, Bob Helms, Russel Green, Mario Lovricic, Josephine Chapman, Mathilde Klassen.

## Cross Canada - 1993 June - August

The year 1993 is the tenth anniversary of the incorporation of the Society, so there will be another Cross Canada Tour. Those interested please apply to the office.

Interested: Joan Enman, Faye Wilson, Gerry Sutherland, Martine Donahue.

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## VANCOUVER WEEKLY TRIPS

**Sundays:** Meet at 10AM at parking lot at southeast corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 531-6955.

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

**Wednesdays:** Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

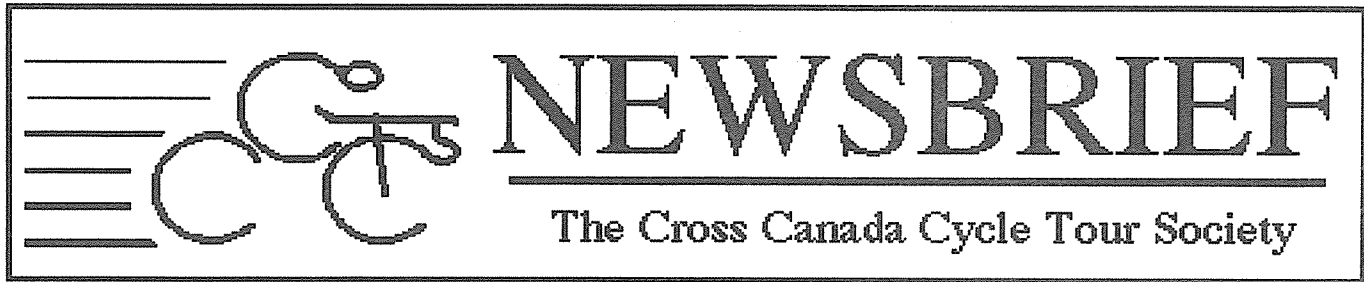
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## VICTORIA WEEKLY TRIPS

**Sundays:** Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 477-7744.

**Wednesdays:** Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 477-7744.



VOL. 8 NO. 8

September 1991

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	531-0260
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Ted Stubbs	321-2784
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	734-5393
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John Peck	538-0195
Membership Secretary	
Lynn Dick	261-5092
Equipment Managers	
Ian Polley	531-6955
Martine Donahue	689-2743
Social Convener	
Eva Folk	591-9345

#### PRESIDENT'S CORNER - John Philip

I want to correct an error in one of the dates in my last report by repeating that the Annual Banquet will be held at the Ladner Community Centre on Friday, November 22nd, and the Annual General Meeting will take place at the Long House in the South Delta Recreation Centre in Tsawwassen on Saturday, November 23rd. Please make a note of these events on your calendars.

Members have come up with some exciting tours for next year. These trips are outlined in the future tours section at the end of this Newsbrief. If you are interested in one or more of these tours please submit your name to the tour coordinators as soon as possible to avoid disappointment.

#### ALASKAN VIGNETTES - Ken Grieve

"He wanted to slow life up and he quite rightly felt that by travelling he would make time move with less rapidity. You have noticed it yourself, I expect, on a holiday. If you stay in one place, the holiday passes like a flash, but if you go to three places, the holiday seems to last three times as long." Aunt Augusta to nephew in Graham Greene's "Travels with my Aunt", chapt. 7.

Vignette 1: A seeming infinity of snow-capped mountains in two parallel chains as I approached Fairbanks, cycling on the plateau between them. I have never experienced the like before, though there may well be similar areas in B.C.

Vignette 2: The Alaska Tour was a triangle; Side 1, Anchorage north east to Fairbanks; side 2, Fairbanks south east to Glenallen; side 3, Glenallen west to Anchorage. We ground along for hours between mosquito infested swamps until we finally reached the haven of the Sourdough Roadhouse about the middle of side 2, where we camped overnight. In the bright but overcast evening, the cyclists looked like extras from Star Trek surrounding the table at Mel's 77th birthday party. They were in their boy scout hats from which mosquito netting hung below their shoulders, camouflaging their faces, while drifting blue smudge from a bonfire curled up and around the space aliens.

Vignette 3: In Denali Park, our bus driver stopped so we could stare at a moose cow and her calf right by the bus as they dined on twigs. Unfortunately, I had just finished a roll of film, could not reload fast enough, and missed one of the premium nature shots of the entire tour.

Vignette 4: Three men drafting each other, usually in the vanguard, and first to wheel into the new camp. They were called, variously, the "Three Musketeers", the "Ottawa Gang, or Bunch", the "Ottawa Three", the "Ottawa Mafia", ..., they always rode together. It was not that Vic, Rollie and Peter were fast riders (I can usually keep up with Vic

in Ladner) but, they were disciplined, practiced in a paceline and could use it, and had toured together in North America and Europe when Vic lived in Ottawa.

Vignette 5: To my surprise, Fairbanks is much further north than Moscow. It is a sort of small L.A. North, where the motorist is king. The two only bus routes cease running at 7PM. Unexpected were the large number of bicyclists, including many commuters, who have all been cowed into riding on the sidewalks by the authorities, who have managed to outlaw cycling on many of the roads.

Vignette 6: The two Therasas plus Katryn, like eager adolescents, raiding yet another tourist shop full of souvenir T-shirts and pullovers and assorted bric-a-brac, and usually buying something.

Vignette 7: Rollie actually liked camping in Alaska State Parks in what I thought of, as pretty primitive facilities - usually hand-pumped well-water (sometimes unpotable), often no tables, though with admittedly good, standard outdoor toilets. To him, it was perhaps fairly luxurious. A cloud-burst every night in shivering cold, I imagine, was only a kind of preliminary to real camping on a prospecting trip he planned later in the summer.

Vignette 8: What can one say about an experience like College Fjord - gigantic glaciers everywhere one looked, some calving off icebergs. The Americans have named the multitude of glaciers after their colleges, Harvard, Columbia, Yale, and so forth. This unique sea tour (on the "Klondike", no less) alone justified the trip to Alaska.

Vignette 9: My belief that bike paths, aside from other drawbacks, cut your speed by one half was confirmed on the return into Anchorage. Legally, for the final 10 or 15 miles, the cyclist is supposed to ride on a narrow, bumpy path on one side of the highway (the path at an awkward place, shifts suddenly to the opposite side). In Palmer, perhaps 20 miles out, I was behind everybody, but without strain (I noticed no bike path sign), by staying on the wide-paved shoulder of the expressway, I ended up by being far ahead of everyone save the Ottawa Three; I had to wait for the rest. I cycled the path for the remaining few miles with the others.

Vignette 10: The self-reliant Peck-Winckler bunch turning onto a side road to look over yet another obscure Alaskan village.

Vignette 11: Katryn literally cycling circles beside us on difficult mountain ascents, as the two Therasas, Jack and I ground a snail pace upwards. For variation, sometimes, instead of making circles around us, K. would speed to the summit, then turn and coast to the bottom, and repeat the journey, preferring this to waiting for us, all done with bravado. The woman actually enjoyed the climbing exercise!

Vignette 12: In barren landscape north of Glenallen, I was amazed to see Chuck alone riding back

along the road towards me rapidly in his aerodynamic crouch on his aerobar. He asked anxiously if I had passed Lynn. I was the last rider. Later, we learned that Lynn had been so drawn to the Yukon and Canada that she had cycled 30 or 40km before she noticed that she was on the Alaskan Highway, not the road south to Glenallen. The Dicks had a pretty heavy day of cycling that time.

Vignette 13: Peter toted a huge back-packer's fully-stuffed duffle bag when we went on a day tour by Alaska Rail to Seward. I could not imagine what he felt that important to pack. Later I was informed that the mysterious and massive contents were photo equipment, required if Peter was to fulfil his avocation as camera buff to his satisfaction.

Vignette 14: Near the close of the tour, a number of CCCTS cyclists walking toward our motel in Anchorage in early afternoon sunshine, at ten o'clock in the evening, it was difficult to think of going to bed in such a bright, warm world.

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## TRAGEDY - Roy Cooke

An unidentified biker in Victoria, after colliding with a car, died after three days in hospital. He was not wearing a helmet and the only identification was an item of clothing with a UVic label. The moral, of course, is don't even ride to the corner grocery without a helmet and a wallet or some pertinent identification.

Locally at least three bikers have had accidents - no cars involved - mostly potholes. One had a run in with a taxi and is now using a walker for six weeks because of a cracked pelvis. Another bent a frame and was able to get a new \$700 bike from insurance.

I have a slight complaint. Someone in the editorial department, must be a Brit or a South African, uses British spellings. He insists on spelling tire for that known here as tyre.

Editors Note: When you climb a hill you 'tire'. What goes around the rim is a 'tyre'. Americans have things confused. If you want to introduce this confusion into a Canadian Newsbrief, then another Newsbrief editor should be found.

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## A WATCH IN THE SHOWER - John Peck

Last month Raynel Merness wrote about leaving his watch in the shower. I did this once and it turned out to be embarrassing. It happened when I was touring alone by car in South Africa, scouting the route for the cycle tour to take place there the following year. Those who were on that tour will remember the place well. It was in the Tsitsikamma Forest, at Storms River on the Garden Route, where we were all rained out.



I had camped there for the night, under a canopy of trees, and not far from the ablution block. The roar of the breakers lulled me to sleep. Early next morning, almost before it was light and with nobody else awake, I quickly found the nearest shower, and then was away to have breakfast on the road.

After travelling for about 30km, I glanced at my wrist to check the time (perhaps to find out whether I was hungry) and to my alarm found it watchless. I then carefully recalled all my moves of that morning, and remembered hanging my watch on a hook in the shower. I concluded that it must still be hanging there.

Quickly I drove back to Storms River and went directly to the showers, but when I arrived there I was alarmed and embarrassed, for it was light enough to read the signs clearly. In the morning, in the murky light of dawn, I had used the women's showers. I peeked inside but quickly withdrew, for there was a woman inside. But timidity would solve nothing, so again I approached the door and blurted out my predicament. Luckily it was the black cleaning lady, who smilingly produced my watch which she had found. I was so relieved that I jumped into my car without further thought and drove off.

Only later did I think that I should have rewarded the honest cleaner, but by then it was too late. Now whenever I take a shower, while on tour, I carefully put my watch inside one of my shoes.

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## WEST COAST TRAIL - Theresa Green

Excerpt from the book, "The West Coast Trail": "You should not approach the trail complacently, especially if you are a beginner. You may encounter the following: mud, slippery logs, slippery rocks, washouts, high rivers, high tides, sudden ocean surges, dropoffs, steep banks, windfalls, overgrown sections, high winds and torrential rains. If you are not comfortable about these kinds of inconveniences, you probably should not attempt this hike."

Forewarned, off we went, 'The Intrepid Twelve', to experience a good many of the aforementioned inconveniences.

For me, and others, it turned out, this was the first time hiking with anything heavier than my lunch in my day pack. But with my brand new pack, and all my gear on my back, away I went on my first overnight hike. I WAS READY.

We had not left Port Renfrew, when the first utterance of the phrase "Oh my God!" crossed my lips. We were not to board our sea vessel from the dock. No, it was a scramble over ankle turning, algae covered rocks, and our disembarkment at Owen Point was just as bad. Common sense should have taken me right back to Port Renfrew, but being a senior has nothing to do with gaining common sense.

First along the beach - not too bad - a food break and then up the first of many ladders and onto the trail. I felt like I was on an Outward Bound encounter. When I had completed my first, dreaded, log crossing, my pack felt ten pounds lighter. What a relief to have done it safely.

Between three or four hours of hiking found us at Camper Creek and another thrill. Up a ladder we went and onto a cable car to cross the creek to our camp site on the beach.

Now, when you read that the most important item of equipment for the West Coast Trail is rain gear, adequate to keep your person and your sleeping bag dry,

### PAY ATTENTION.

By the time we arrived at the camp site, most of us were soaking wet, wet clothes, wet boots, wet gear. Everything seems to take so much longer to do in the rain. My tent, that I can put up in four minutes, in the living room, took forever. The worst was trying to find a dry match for the stove. Somehow we all managed to get a hot drink down us, and thanks to Vic, Katryn and I had hot chili too.

Into the tents we went, very early, to escape the rain. There was lots of chattering between tents, the main query being "is your tent leaking?"

Next morning, the rain was a bit lighter. We were on the trail early, back to Thrasher Cove. It took about seven hours slogging through lots of mud, but we made it, with no major problems.

Another leap from rock onto the boat and soon we were in Port Renfrew and enjoying Pat's soup.

It was hard going but I wouldn't have missed it for the World. I enjoyed, especially, the company of Katryn, Rae and Noreen on the trail back; we had lots of laughs, and even more while talking it over on the drive home. To sum up the trip, a quote from Victor:

"Now that I've done it,  
I'm glad I did it,  
But I don't think I'll do it again."

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## COLD RAISINS - Monty Maundrell

Can you imagine cold raisins in your porridge? This new recipe blossomed in the name of hospitality.

One of the riders on the Port Renfrew tour, visiting from Australia, joined his father-in-law, Bob Stevens, on the ride. Because he, Max (Max Hearne is his name), didn't like raisins, although they produce them in Australia, we had to have cold raisins on the side. Any porridge connoisseur would shudder at the thought.

But maybe we should take a page out of Max's book as he was a strong, smiling, good humoured rider and worked like a team when it was his turn in

the kitchen. It was really nice having Max along, but cold raisins!

## MAINLY FOR WOMEN

Anne-Marie Labourdette

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### EILA IN FRANCE

Norm Carlson (via Buffy Gram)

Word has just been received via a satellite telephone link from your intrepid, determined, and avid cycling secretary, Eila Taylor, that she and her granddaughter, Susha, were about to invade the fair city of Nice in France, the citizens of which were anxiously awaiting their arrival on September 6, according to her five page schedule.

Thirty eight full days and more than 1300 km after departing from Charles de Gaulle airport north of Paris, they will have completed a glorious journey southward through central France with only one, deux, or trois "petite problems" finding bed and breakfast accommodations. According to occasional reports received during July, the trip did not go exactly as planned and, after pedalling an extra 33km to arrive at a rural B & B exhausted, Eila told Susha "This is the essence of bicycle touring - you can always be certain that on some days, the best laid plans will go awry".

The germ of this tour was planted about two years ago when Eila took Susha for a month's motoring trip through Britain to visit family and Air Force buddies. It was offered as a high school graduation gift (and incentive!) upon successful completion of Susha's studies. In accordance with the best of CCCTS practice, many weeks were spent selecting the secondary road routes between villages, towns, and cities that were less than 65km apart. Except for the night of their arrival in Paris, following an evening departure from Vancouver on July 30, no advance reservations were made, in order to provide maximum flexibility and excitement.

The weather was clear and hot (38°C on occasion) which led to successively earlier departure times, thereby avoiding (in part) Englishmen, and their mad dogs, out in the noonday sun! Susha being inexperienced, but strong, frequently cycled on ahead, but always had to stop at the next fork, or crossroad, because clever Eila kept the maps in her possession. Except for one occasion, this ruse worked well. Also the course on "Zen and the Art of Bicycle Repairing", taken by Eila before departing stood her in good stead when Susha's front wheel developed a severe wobble.

After they spend four or five days in Nice and Paris as a reward for their efforts, they will return to Vancouver airport at about 6:30PM on Tuesday, September 17. More to follow this flash report.

You don't need to be on the edge of technology to enjoy cycling into your golden years, but you need a little forethought.

There are many books in the libraries about cycling. Borrow at least two and compare notes as you are reading. A good book should not only discuss frame dimensions and training techniques, but also safety and health problems encountered in cycling. We are talking here about cycle touring, the sport we practise in our club, rather than mountain or trail cycling. Twenty years ago, cycling books were written for professional racers who were mainly men. Women never had the benefit of a coach, but had to rely on cycling practice and hand-me-down advice from bicycle store salesmen and the like. Failing all else one can get good advice from books. Recently I have reviewed two books:

1. Greg Le Mond's "Complete Book of Bicycling" published in 1987 by G.P. Putnam's & Sons;
2. Rob van der Plas "The Bicycle Fitness Book" published in 1989.

I found Greg Le Mond's book practical and easy to read. Le Mond discusses the best bike for the best value; he also deals with proper fit, riding techniques and nutrition tips. Although the book was written mainly for racers, Le Mond's practical guidance applies to touring as well. "The Bicycle Fitness Book" by Rob van der Plas has a good section on health problems and cycling. I found it informative, and on the whole quite scientific.

Having satisfied yourself that the bicycle frame fits you in height, length and overall dimensions, you should now pay attention to components. For example, I recommend you install toe clips and straps which are the best compromise for the new strapless pedals, which require a sort of ski-binding device to anchor your feet firmly. It is not difficult to use toe clips and they do give you an edge when you are pedalling long distances and climbing hills. You should also equip the bicycle with the best derailleur you can afford, preferably one with a ratchet system (called index shift system), which allows you to shift effortlessly and accurately. This is important when you ride in a group, or in traffic, or climb hills. You are in effect "changing horses in mid-stream", a very convenient technique when your body is starting to lose its agility and strength. Another important point is to wear good cycling shoes with firm soles to protect and strengthen your aching feet. The last three or four years I wore touring shoes, but to my amazement I had to go back to my old cycling shoes with built-in steel shanks in the sole. I found these shoes more comfortable for long distance touring and weekly rides when I am not always at top fitness level.

Now having obtained a bicycle of the correct size for your own body and fitted yourself with optimal equipment, be assured that you are going to approach your weekly rides and tours with greater confidence and enjoyment.

Mike Kelly,  
2906 West 15th Avenue,  
Vancouver, B.C.,  
V6K 3A3.

732-6986

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### JERSEYS - Martine Donahue.

The Louis Garneau Jerseys that were too small could possibly be exchanged. If you are interested in turning your poor fitting jersey in, please contact Martine at 682-2743

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### MEMBERSHIP DUES - Bob Douglas

You may have noticed that our address labels now carry a year and month which tells you when your membership expires. For example 91-10 indicates that dues are paid to the end of 1991 October. Dues are \$20 single, or \$30 for a family.

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### BANQUET AND AGM

The annual banquet will be on Friday November 22 at the Ladner Community Centre. Tickets will be \$17 each and the caterer will be the same as last year. Tickets should be purchased before November 1. Send your cheque to the Treasurer at the Society's office marked "banquet". Spouses and friends are welcome, of course.

The Annual General Meeting will be on Saturday November 23 at the Long House of the Tsawwassen Community Centre starting at 10AM. A simple lunch will be served at a cost of \$3. Bring your own mug, unless you like using styrofoam.

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### SWAP MEET - Bob Douglas

There were two (or more) "Mirrycle" brake lever mirrors offered at the swap meet. One of them was not claimed. Will the owner please contact Bob Douglas 435-3893.

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### YARD SALE - October 6.

Verni Brown of the Vancouver Bicycle Club, 275-9055, will hold a Cyclists' Yard Sale on Sunday, October 6, at 9371 Florimond, West Richmond, from 13h00 to 15h00, for anyone wishing to buy or sell.

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### WELCOME TO NEW MEMBERS

Bryson Braziel, 402-489-0916  
1809 Pindale,  
Lincoln, Nebraska, 68506,  
USA.

Paul & Daphne Clancy, 980-7806  
1096 Premier Street,  
North Vancouver, B.C.,  
V7J 2H2.

Cyril J. Fairhead, 860-0796  
178-1995 Burtch Road,  
Kelowna, B.C.,  
V1Y 4B4.

Shirley Anne Kowaluk, 785-5055  
RR1, Road 244B,  
Fort St. John, B.C.,  
V1J 4M6.

Hugh McKinnon, 306-352-0528  
708 Douglas Park Cresc.,  
Regina, Sask.,  
S4N 2S2.

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### RAIL-TO-TRAILS - November 15-16, Kelowna.

A symposium will be held at the Lodge Motor Inn in Kelowna. It will focus on conversion of old rail lines to trails (and hopefully bicycle routes). The fee is \$37.50 (GST included). For further information contact the Outdoor Recreation Council of B.C., 334-1367 West Broadway, Vancouver, B.C., V6H 4A9, Phone (604) 737-3058.

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### NOMINATIONS FOR DIRECTORS

Nominations for directors will appear in the next Newsbrief. If you know someone who might usefully serve as a director for 1992, please act now. Send your idea to the nominating committee: Bob Douglas, Leo Comeau, Ian Polley, Ted Stubbs.

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### OTHER EVENTS

#### Vancouver Bicycle Club - Sunday Sept. 29.

Second Sock Sentury 50km or 100km fun ride around Vancouver. Early registration \$10. Contact Peter Oechsler 540-9635.

## 1991 CCCTS TOURS

**N.B.** Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that only those tours listed below are Society tours.

**New Zealand** - March 3 to April 14, completed.

**Oregon** - May 11-25, completed.

**Gabriola Island** May 28-30, completed.

**Alaska** May 31 - June 22, completed.

**Canadian Rockies** July 1-29, cancelled.

**Cultus Lake** July 2-8, completed.

**San Juan Islands** July 16-27, completed.

**Port Renfrew** August 21-30, completed.

**Gabriola Island** September 27-29.

Dennis Parsons 477-7744, Martine Donahue 682-2743.

By popular demand the summer's end trip is on again, but with a difference or two. Pat Demuth has made her cottage and her cooking skills available, and Monty will support us again. The tour will start earlier in Victoria so that cyclists can use more daylight. For some it may be better to get to the island directly by ferry and use the next day for cycling. Twenty-two riders are all that can be fed comfortably and I would like to see just that number, so please submit \$39 (to the office) before September 19.

**Arizona** - November 5-21.

Bernice Gregory 929-7533,

Leo Comeau 467-5823.

Deposit \$500 by September 15. Total expenses could be close to \$1000. Itinerary: Phoenix, Buckeye, Gila Bend, Casa Grande, Florence, Globe, Safford+, Willcox, Benson, Sierra Vista, Nogales, Tuscon, Phoenix+. "+" indicates rest day. Total cycling distance 1081km. We will probably fly from Bellingham.

Interested: (28) Victoria Bernhardt, Ken Brothers, Leo Comeau, Brian Curtis, Roy Cushway, Martine Donahue, Shirley Fisher, Theresa Green, Bernice Gregory, Ken Grieve, Kathy Hamilton, Bob Hardman, Bruce Hudson, Mike Kelly, Dan Kennedy, Bette & Mel Kerr, Mathilda Klassen, Raynel Merness, Maurice LeDuc, Hugh McKinnon, John Peck, Pauline Jorgensen, Noreen & Albert Redford, Poul Svendsen, Roy Towler, Doc Watson.

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## FUTURE TOURS

**Hawaii (the big island)** - 1992 January 14-27

John Peck 538-0195 & John Philip 531-0260.

Participants: (24) Verena Blatter, Josephine Chapman, Georgette Courchesne, Vic DePaul,

Shirley Fisher, Russel Green, Bernice Gregory, Anne Ives, Emil Jensen, Andre & Frieda Kaufmann, Mathilde Klassen, Anne-Marie Labourdette, Harry Lang, Richard Lebek, Mario Lovricic, John Peck, John & Dorothy Philip, Dennis & Freda Scolah, Poul Svendsen, Ray & Kathleen Wilkinson, Rae Wohlschlegel.

**Holland:** 1992 August - September

Are you interested in a three week bicycle tour in Holland? If so we would like to organize a tour starting about the third week of August 1992.

Since Holland is a "cycle friendly" country, we would use the tourist cycling routes and leave ourselves enough time to visit the many interesting places. If you are interested, please 'phone Theresa Keet at 596-1953 or Josie Curtis at 589-2089.

**Switzerland:** 1992 August - September

Andre Kaufmann will organize a tour from Frankfurt to Basel and then parts of Switzerland. Those interested should call Andre 581-3923 or Lynn Dick 261-5092.

**Border to Border** 1992 August 1 plus 7 weeks.

John Philip will organize a tour from Cranbrook through Montana, Wyoming, Utah, Colorado, New Mexico to El Paso in Texas. Those interested should call John Philip 531-0260.

**Cross Canada** - 1993 June - August

There will be another Cross Canada Tour in 1993. Those interested please apply to the office.

Interested: Renato Colbachini, Martine Donahue, Muriel Durenbeck, Joan Enman, Carolyn Hansen, John Hiza, Rusty Kelly, Wendy Pearson, Wilma Smith, Gerry Sutherland, Faye Wilson.

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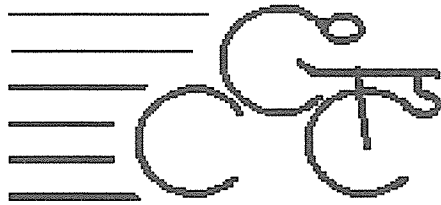
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Social Convener	
Eva Folk	591-9345

## PRESIDENT'S CORNER - John Philip

We have been talking about moving our office from West Broadway in Vancouver to a location that is equidistant to where all our members who staff the office live. This would probably be somewhere in the South Burnaby, New Westminster, or North Surrey areas. We think that if we move we might be able to combine a small office with a storage area for our equipment. If anyone out there knows of where we might find a suitable office with an adjoining storage room please let us know.

In the last Newsbrief we asked you to send your Garneau jerseys to Martine Donahue, if they were too small. She will be arranging an exchange for larger sizes. Please do this as soon as possible, since the deadline is November 1st.

## WEST COAST TRAIL - Katryn Jeronimus

My car transported Theresa, Hinda and myself to Port Renfrew, the starting point of our hiking (not biking) trip. I knew we were entering a rain forest area, but did it have to be THAT WET? Let's start by calling it the **Wet Coast Trail**.

As always, the first thing we did was to set up camp, which for me personally was not easy; for I discovered that my tent poles were missing. Don't ask me how that happened, although I have a good idea. The alternative to sleeping in a tent without poles was to become a tent guest of Theresa - thanks again, Theresa for putting up with me.

Then we started hiking, trying to ignore the rain, which seemed to get worse as we plodded on into the forest. We climbed over rocks, passed waterfalls, waded through pot-holes; you name it, we did it. Let's say that every step was a challenge, deciding whether to go over, under or through an obstacle. My backpack got heavier and heavier, soaking up the rain as we went along. Hinda made my day, at one point, by exclaiming: "Isn't it lovely, this rain forest!"

Around two p.m. we arrived at our overnight stop and had to set up camp. Just to help us along, it started to rain more and more heavily while we put up our tents. All twelve of us crawled into the tents and went to bed. However someone by the name of Victor brought us *dinner in bed*. That helped to cheer us somewhat.

Everything I had with me was absolutely soaked - with not a dry stitch to be found - again Theresa came to the rescue with dry clothes and a shared sleeping bed, which was very cosy. The next morning, Theresa, of course, needed her own clothes back and I struggled into my own still damp clothes. Eventually one gets used to misery and I noticed that it only took half an hour to become accustomed to the feel of wet clothes.

Thus we struggled on, and on, with a few mishaps here and there. I managed to loose a boot - stepped right out of it, leaving it behind, stuck in the mud. Noreen who was hiking behind me, saw it and picked it up, saving the day for me.

Towards the end of the hike, Theresa kindly reminded us that "we'd better hurry, because the boat is leaving at four p.m.". By this time we were doing about one mile per hour. We did catch the boat and when we got to the other side, the sight of Dennis made me so glad that I fell into his arms and kissed him. Then we were told that the original camp in Port Renfrew had been abandoned, due to the rain; the others had gone home. So the remaining five of us left in my car to Swartz Bay, where we took the ferry home. Since I was so grateful for Theresa's hospitality, I thought I'd better put it in writing and composed the following note to her:

"Dear Theresa. Thank you for sharing your bed with me. Unsigned", which I stashed in her baggage. Later, as I was told, back at her home, Theresa put all her belongings on the kitchen table, including the note, which was read by her husband. I have the feeling that Theresa had to do some explaining there and then.

A few days later, all of us enjoyed a lovely luncheon at Hinda's, and reminisced about our experiences. We all agreed that, despite the rain, we all could truly say:

"I'm glad I did it!"

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#### A PRINTER'S DEVIL - Ken Grieve

I am pleased that you printed my Alaskan Vignettes nearly without change. Unfortunately, the substitution of "with" for "without", as typed in Vignette 11, produces the opposite implication from that intended. "With bravado" means "boasting and bragging". I chose "without bravado", because Katryn was truly not "showing off" or "putting down" we slower cyclists, but typically "doing her own thing".

Editor's note: The editor sincerely apologises to both Ken and Katryn for this unfortunate error.

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#### WHY WE SHOULD BELONG TO BABC

Anne Marie Labourdette

In the Spring I had a bicycle accident. No, I did not collide with a car or another cyclist; I simply lost control of my front wheel as it hit concrete debris on a rural road. I had three front teeth knocked out, cuts and bruises. The medical aspect of the accident was covered by the B.C. Medical Plan, but I faced costly dental repairs.

Fortunately for me I was a member of the Bicycling Association of British Columbia. Amongst other benefits of membership there are: a two million dollar liability as well as medical and dental insurance. I was able to claim the dental fees which were reimbursed to me at 60% of the original cost.

Another reason to belong to the BABC is to support the sport of cycling in this country, competitive or otherwise. It is a low profile sport in North America, yet it is accessible to anyone, rich or poor, young or old.

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#### WATER BOTTLE CLEAN? - Noreen Redford

Chlorinated water from your tap becomes ineffective if left standing or riding on your bicycle for long periods. Regular riders are very much aware of dust and saliva contamination through regular use, so WASH DAILY with soap and water and RINSE with clear water.

A few minutes only are required to sterilize with ordinary household chlorine bleach in a strength of 5ml (1 teaspoon) to 100ml of water to prevent growth of bacteria.

A new water bottle smelling of plastic may be deodorized with addition of a tablespoon of household baking soda to a full bottle of water left overnight, rinsed with clean water the following morning.

Happy cycling.

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#### SEPT. ON GABRIOLA - Dennis Parsons

It was the best bicycle trip I've made to the Island yet. We started out much earlier than we have done in the past, and with a lot more daylight ahead. After leaving the ferry at Mill Bay, eight of us started together and, led by Peter Kabel, we took the most devious of side roads, even down a rock strewn, gullied, dirt road, to reach Duncan. We kept the pace down out of consideration for Gail Biggs, who'd had a collapsed-collision - she fell over on to Connie Shaw at an intersection.

Bob Forsberg broke a chain and repaired it in the time it took you to read this far. We stopped several times to make adjustments to one bicycle or another. We also stopped to pick, and munch on, apples. Any excuse at all was good enough.

We saw deer up to their clavicles in an open field of grass, eyeing us with mild curiosity. And in an area where most mail boxes sported Dutch names, we saw Zeeland cows with enormous udders.

We entered Duncan by a narrow shady street and passed the red and white village hall with a clock tower and the time frozen at twelve o'clock.

What a pleasant surprise it was to come upon this aspect of Duncan after all these years bullying through on highway one, stopping violently at red lights, anxious only to get on and out of this town.

After lunch we got back to the country roads again, to Chemainus and finally Nanaimo. It had been my hope that we could visit the Crow and Gate, an English pub, parked miles from nowhere, but we did not have time. We still missed the five o'clock ferry.

Arriving at Pat Demuth's log cabin we rushed to put up our tents, while she yelled to us that supper was getting cold. A delicious repast, it was. Aside from the ham, everything came from her garden, prepared by her with a little help from Lynn and perhaps some from her grandson Christopher.

Next day she made hot cakes for all of us and again prepared supper, Noreen, her mother and I shelled the broad beans. We were still busy in the sunshine when Helge and his wife paid us a visit. As is a habit with that rascal when he visits us, he had a gallon of red wine by the ear. The party was under way. And do you know that when they went, he left another gallon within reach of anyone with a glass? I don't drink wine but as I had another means of propulsion I joined in.

Next day we went home. I would have liked to have stayed another day and another.

much less friendly and can cause infant diarrhoea, recently publicized "hamburger barbecue" disease, and much of the well known "traveller's trots".

*Parasites - Protozoa* (one celled organisms): There are two protozoa of note. *Entamoeba histolytica* can cause amoebic dysentery and progress, in rare instances, to form cysts in the liver. A flagellate, *Giardia lamblia* causes giardiasis, a less severe intestinal irritant affectionately known as "beaver fever". These protozoa form cysts as a resting stage and these cysts can survive in water for a considerable time.

In all the above diseases we become infected by drinking contaminated, untreated water. In North America we have competent public health workers who test and treat the water for us.

When we are aware of the many microscopic mischief makers ready to set up house keeping in the gastro-intestinal system, we are more likely to accept the taste of chlorine in the water.

(1) Dragon Worm, Guinea Worm *Dracunculus medinensis*. Found in Nile valley, West Africa, parts of Arabia and India. May be present in fur bearing animals in North America. Man becomes infected by drinking larvae in water.

(2) Enteropathogenic *Escherichia coli*.

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## SHOULD WE DRINK WATER?

Gordon Rempel

What is that in my glass making waves? You can't live more than a couple of days without water, but there could be things in the water that make your life a lot less comfortable. These hitchhikers range in size from sub-microscopic virus particles to the "Dragon Worm"(1) growing under your skin like a varicose vein to about one metre in length. If we split the common causes of water-borne diseases into size and biological complexity, we would classify them as viral, bacterial and protozoa.

*Viral*: Human virus gets into the water with human waste. They are the smallest disease producers, barely larger than a molecule, so they are hard to find, identify, and consequently difficult to link with the disease. There are a variety of entero viruses that will give you problems. Water has been implicated in the spread of hepatitis, especially Hepatitis "A".

*Bacterial*: The bacterial diseases are the traditional bad guys. Typhoid fever and enteritis are caused by the Salmonella group, bacterial dysentery by the Shigella, and Cholera by the Vibrio group. *Escherichia coli* is a normal inhabitant of the bowel and is used as an indicator of food contamination by public health officials for water and beaches. Some strains of *E. coli* (2), in some instances, become

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## A JOLTING EXPERIENCE - John Philip

It happened during the New Zealand tour last March on the day we cycled from Rakaia Gorge to Christchurch. Sometime after the morning coffee break I decided it was time for a pit stop, so I parked my bike and climbed over the nearest gate into the sheep pasture on the other side. There was a convenient line of bushes along the fence dividing the open field from the road on which we were travelling, and after answering nature's call I walked back to the gate in my usual leisurely manner with absolutely no idea what was in store for me.

I put one hand on the concrete fence post on one side of the gate and it happened. I was zapped by the strongest electric shock I can ever remember experiencing. In the split second before I could withdraw my hand from the post I took a second jolt. My recollection of what happened after that is hazy, but I think I cleared that gate in a single bound, and when I came to I was standing on the road side of the fence with my heart pounding away as if I had just completed a hundred yard race.

My unplanned experiment proved that coming in contact with the steel gate, as I did on my way into the field, does not provide a shock, whereas touching the supporting concrete posts does. I never did find out what the electric fence voltage is in New

Zealand, but I do know how those sheep feel when they blunder into one of those fences.

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### **JERSEYS AND SPONGES - Martine Donahue.**

The Louis Garneau Jerseys that were too small could possibly be exchanged. If you are interested in turning your poor fitting jersey in, please contact Martine at 682-2743 before November 1st. Also she has sleeves and some new jerseys.

More sport sponges have arrived. Cost is \$10 plus \$2 for postage if you don't pick it up. Call the office.

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### **VERSATILE SPORT SPONGE - John Philip**

The sport sponge, according to the blurb which comes with it, is made of micro-porous PVA material. It goes on to say that "this super absorbent towel can be wrung out and used again immediately without losing its silky feel or freshness".

It measures about 60cm by 20cm (24 x 8 inches) and is about 1.5mm (1/16 inch) thick when dry, and it does indeed have a great capacity for absorbing water. It can be put to several uses, and sport sponge aficionados have two or more on hand to accommodate these uses.

Its principal use is to dry the body after bathing or showering. The use of a cold clammy sport sponge is not advised, so it is best to take it into the shower to warm it up, and then to use it by alternately drying yourself and then wringing it out. Most of us who use the sport sponge do so only on camping trips where it saves the hassle of carrying a soggy towel with its attendant mildew problems; although we have heard of fanatics who use them for this purpose in the home.

If you have recently bought a new house you were probably advised to dry the walls of the shower after using it, to avoid those black mouldies which settle in and grow on the tile joints. Here is a second ideal use for the older sport sponge which you have retired from its primary use above.

Drying the car after washing it is a third use for what is perhaps an even older sport sponge. Our superficial research indicates that buying a sport sponge from the club is cheaper than buying a good quality chamois.

A fourth use for the sport sponge, as recommended by several members, is the rapid drying of your jersey and other clothing while touring. After washing your jersey simply wrap it and roll it in the sport sponge. Remove the jersey, hang it up, and it dries in a jiffy for use the next day.

A final use for the sport sponge was discovered by some of our members during the recent backpacking

trip on the West Coast Trail. As you have read in the articles by members of the Port Renfrew tour group, during that trip it rained and rained and rained. The sport sponge came to the rescue when it provided the perfect method for drying off the floors of leaking tents.

Can anyone afford to be without one or more sport sponges?

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### **BANQUET AND AGM**

The annual banquet will be on Friday November 22 at the Ladner Community Centre. Tickets will be \$17 each and the caterer will be the same as last year. Tickets should be purchased before November 1. Send your cheque to the Treasurer at the Society's office marked "banquet". Spouses and friends are welcome, of course. Bring your tour picture albums.

The Annual General Meeting will be on Saturday November 23 at the Long House of the Tsawwassen Community Centre starting at 10AM. A simple lunch will be served at a cost of \$3. Bring your own mug, unless you like using styrofoam.

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### **MEMBERSHIP DUES - Bob Douglas**

You may have noticed that our address labels now carry a year and month which tells you when your membership expires. For example 91-10 indicates that dues are paid to the end of 1991 October. Dues are \$20 single, or \$30 for a family.

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### **RAIL-TO-TRAILS - November 15-16, Kelowna.**

A symposium will be held at the Lodge Motor Inn in Kelowna. It will focus on conversion of old rail lines to trails (and hopefully bicycle routes). The fee is \$37.50 (GST included). For further information contact the Outdoor Recreation Council of B.C., 334-1367 West Broadway, Vancouver, B.C., V6H 4A9, Phone (604) 737-3058.

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### **NOMINATIONS FOR DIRECTORS**

\* Indicates a director in 1991.

\**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.



\**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, New Zealand, Alaska; regular contributor to the Newsbrief; director and social convener 1990/91.

*Bernice Gregory*: Retired nurse; founding member; involved in many tours: Australia, New Zealand, Canada and others; experienced and capable tour organizer, now organizing fifth Arizona tour; involved in business most of her life so has knowledge of money handling and decision making.

*Dennis Parsons*: A past vice president; coordinator of tours: Gabriola, Port Renfrew (with Redfords) Long Beach, South Africa (with John Peck); has cycled across Canada; wants to cycle "wrong way" across Canada in 1993 to celebrate Society's 10th birthday.

\**John Peck*: Member since 1986; director since 1989; tours: China, Arizona x 2, South Africa (coordinator), Dempster Highway (coordinator), Santa Barbara, part of Cross Canada 1990, New Zealand (coordinator), Alaska; Newsbrief editor 1990/91.

\**John Philip*: Member since 1984; toured Australia with the society 1984; director and Newsbrief editor 1988 and 1989; tour organizer of Santa Barbara 1986, and 1989, Grand Canyon 1988, Sunshine Coast 1990, Cascade Loop 1990, New Zealand 1991; president 1990/91.

\**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; equipment manager 1991.

\**Noreen Redford*: Retired nurse; cycled Vancouver Island - Prince Rupert to Prince George, Cross Canada 1987, Cross Australia 1988 both prior to CCCTS membership; tours: (1990) Gabriola x 2, Ucluelet, Cascade Loop, Arizona, (1991) New Zealand, Gabriola x 2, Port Renfrew; regular rider in Victoria.

\**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, vice president 1991.

\**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 1990/91.

*Victor DePaul, Rae Wohlschlegel*: Résumés will be available next month.

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## OTHER EVENTS

### Alaska/Canada Highway - 1992 July

A 2400km bike ride of about a month from Dawson Creek to Fairbanks, celebrating the highway's 50th anniversary. For information call Gordon Rennie 1-996-7773 or write him at Box 823, Fort St. James, B.C., V0J 1P0.

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## 1991 CCCTS TOURS

**N.B.** Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that only those tours listed below are Society tours.

**New Zealand** - March 3 to April 14, completed.

**Oregon** - May 11-25, completed.

**Gabriola Island** May 28-30, completed.

**Alaska** May 31 - June 22, completed.

**Canadian Rockies** July 1-29, cancelled.

**Cultus Lake** July 2-8, completed.

**San Juan Islands** July 16-27, completed.

**Port Renfrew** August 21-30, completed.

**Gabriola Island** September 27-29, completed.

**Arizona** - November 2-16.

Bernice Gregory 929-7533,

Leo Comeau 467-5823.

Itinerary: Phoenix, Florence, Biosphere, Tucson, Benson, Bisbee+, Sierra Vista, Nogales, Tucson+, Casa Grande, Phoenix+. "+" indicates rest day. Cycling distance 871km, 97k p/day, max 112k.

Participants: (27) Victoria Bernhardt, Keith Bower, Ken Brothers, Leo Comeau, Brian Curtis, Shirley Fisher, Bernice Gregory, Kenneth Grieve,

Kathy Hamilton, Bob Hardman, Bruce Hudson, Pauline Jorgensen, Dorothy Kennedy, Mel & Betty Kerr, Mathilde Klassen, Maurice Leduc, Hugh McKinnon, Raynel Merness, John Peck, Albert & Noreen Redford, Karl Selig, Poul Svendsen, Roy Towler, Ronald Watson.

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## 1992 TOURS

**Hawaii (the big island)** - January 14-27  
John Peck 538-0195 & John Philip 531-0260.

Participants: (24) Verena Blatter, Josephine Chapman, Georgette Courchesne, Vic DePaul, Shirley Fisher, Russell Green, Bernice Gregory, Anne Ives, Emil Jensen, Andre & Frieda Kaufmann, Anne Marie Labourdette, Harry Lang, Richard Lebek, Mario Lovricic, John Peck, John & Dorothy Philip, Dennis & Freda Scorah, Poul Svendsen, Ray & Kathleen Wilkinson, Rae Wohlschlegel.

Waiting list: Maria Kost-Smit.

**Rocky Mountain Triangle** - possible.

**Sunshine Coast** - proposed.

**Holland:** August - September

Are you interested in a three week bicycle tour in Holland? If so we would like to organize a tour starting about the third week of August 1992.

Since Holland is a "cycle friendly" country, we would use the tourist cycling routes and leave ourselves enough time to visit the many interesting places. If you are interested, please 'phone Theresa Keet at 596-1953 or Josie Curtis at 589-2089.

Interested: (10) Emily Ames, Josephina Curtis, Miep Dennison, Ken Grieve, Ken Hanna, Theresa Keet, Dorothy Kennedy, Harry Lang, Jacob Moerman, Don Nay, Norman Wrigglesworth.

**Switzerland:** August - September

Andre Kaufmann will organize a tour from Frankfurt to Basel and then parts of Switzerland. Those interested should call Andre 581-3923 or Lynn Dick 261-5092.

Interested: (8) Ken Brothers, Chuck & Lynn Dick, Ken Hanna, Andre & Freda Kaufmann, Faye Wilson, Norman Wrigglesworth.

**Border to Border** August 1 plus 7 weeks.

John Philip will organize a tour from Creston through Idaho, Montana, Wyoming, Utah, Colorado (includes an 11000ft pass), New Mexico to El Paso

in Texas. Those interested should call John Philip 531-0260.

Interested: (21) Leo Comeau, Georgette Courchesne, Martine Donahue, Bob Douglas, Dan Kennedy, Anne Marie Labourdette, Albert Manser, John Peck, John & Dorothy Philip, Ian Polley, Marian Porter, Dennis & Freda Scorah, Ted & Pat Stubbs, Tage & Grethe Winckler, Ray & Kathy Wilkinson, Norman Wrigglesworth.

**Cultus Lake** - Leo Comeau

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## 1993 TOURS

**Cross Canada** - 1993 June - August

There will be another Cross Canada Tour in 1993. Those interested please apply to the office.

Interested: (16) Renato Colbachini, Georgette Courchesne, Roy Cushway, Marthe Lambert, Martine Donahue, Muriel Durenbeck, Joan Enman, Carolyn Hansen, John Hiza, Rusty Kelly, Wendy Pearson, Noreen Redmond, Wilma Smith, Gerry Sutherland, Faye Wilson, Rae Wohlschlegel.

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## VANCOUVER WEEKLY TRIPS

**Sundays:** Meet at 10AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 531-6955.

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

**Wednesdays:** Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

**Thursdays:** Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347 or Bob Douglas 435-3893.

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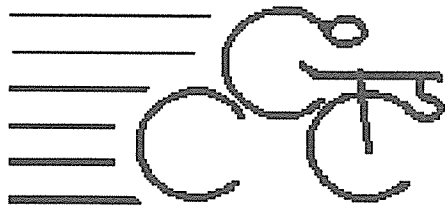
## VICTORIA WEEKLY TRIPS

**Sundays:** Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 477-7744.

**Wednesdays:** Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 477-7744.

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# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 8 NO. 10

November 1991

Address: 315 - 1367 W. Broadway, Vancouver, B.C., V6H 4A9. Telephone: 737-3112, Fax : 738-7175

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	531-0260
Vice-President	
Ted Stubbs	321-2784
Treasurer	
Bob Douglas	435-3893
Recording Secretary	
Eila Taylor	734-5393
Newsbrief Editor	
John Peck	538-0195
Membership Secretary	
Lynn Dick	261-5092
Equipment Managers	
Ian Polley	531-6955
Martine Donahue	689-2743
Social Convener	
Eva Folk	591-9345

## PRESIDENT'S CORNER - John Philip

After the AGM in November my two-year term as President will be completed, so this is my last report to you here. The last two years have gone by much quicker than I could have imagined when I started this job. My term has given me a golden opportunity to learn how this Society works, and to get to know many of our members. I want to thank those members and directors who have given me their generous help and support during my term in office.

Eila Taylor is retiring from the position of recording secretary of the club after serving so well

in that capacity for the last two years. I am especially grateful to Eila for her help.

However we must now look for her successor. The recording secretary comes to the directors' meetings once a month, takes the minutes, types them, and mails them to the directors - the total time involved is about ten hours per month. Is there anyone out there willing and able to take on this job?

On October 26th Leo and Adrienne Comeau celebrated their 50th wedding anniversary. I am sure you all join me in wishing them many more years of happiness.

I do hope that as many of you as possible will come to the Annual Banquet on November 22, and also to the the Annual General Meeting on November 23. Both these occasions provide us with opportunities to meet our friends, to reminisce about past trips, and to find out about future ones. Cheers, John.

## FRANCE LOSES EILA - Noslrac Namron

On September 17, the TRANSAT flight 222 from Paris to Vancouver was scheduled to arrive at 1830 hours, but due to re-routing to London and Toronto, it landed here three hours late, but landed safely. Unhappily as the delays increased the number of Eila and Susha greeters diminished, because as all you cyclists know, the tide waits for no man (occasionally Norman waits for the tide!). Amongst the anxious crowd were several picketers waving hand held signs (GOVERNMENT EMPLOYEES UNITE, BICYCLE PARIS TO NICE IN 38 DAYS, NO CONTRACT WORK, WELCOME HOME EILA & SUSHA, EQUAL PAY FOR EQUAL WORK, RETOURNEZ VOUS S'IL VOUS PLAIS,

etc.) when who should appear behind the passenger gates but E & S, each walking their trusty machines sans pedals and air in the tyres, handlebars properly twisted 90 degrees full right (full left rudder, so to speak). Shouts and laughter abounded as Eila passed through the glass doors, her head and eyes searching to right and left looking for familiar faces, then into waiting pairs of arms for joyous hugs and kisses. Susha was somewhat surprised at Gran's reception, but joined in the fun even though she had to wait another day to see familiar faces of family and friends in Kelowna.

To add some spice to their Paris departure, Eila decided to leave the City of Light in proper fashion by cycling from their Hotel de Nevers in the Latin Quarter, along the Place de la Concorde and up the Champs Elyseés (bells ringing and horns blowing) to the Arc de Triomphe. After learning that the Metro Underground does not allow bicycles, and that the rail commuter train stations have steep escalators, she determined that Air France operates a regular autobus service from the Arc to Roissy near Charles de Gaulle Airport. With a wonderful combination of French efficiency and English determination, all connections were made at 10am as planned. As a point of interest, the hotel keeper in Paris charged extra for keeping their bicycles in their room!

Five full days doing Paris on foot, bus, and Metro, after having travelled faster than a speeding bullet on the TGV train from Nice and Cannes, was hugely enjoyed. The end of the summer season, the end of another cycling adventure, and the germination of plans for another.

### SOAK SOME SENIORS - Monty Maundrell

Having travel insurance rated on age is ludicrous. There are many people in their 20's and 50's that are much poorer risks than active senior citizens. The insurance companies must take another reading on this over-pricing of seniors that are in good health. Insurance costs should be based on health and not on age.

It may be priced this way because seniors have more time to travel, but regardless it is a rip-off. I feel that a petition signed by members of the CCCTS, and a few other senior clubs would have some bearing on rectifying this atrocity.

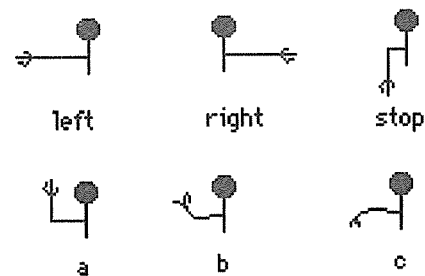
The following is from the Mar/Apr issue of Canadian Banker: "The over 55 group is one of the fastest growing groups. It represents 25% of the population and between 70 and 80% of the wealth.

They project the image seniors have of themselves, experts say: independent, sharp, and between 10 and 20 years younger than they really are. Robert Pitfield, Vice President, Retail Securities and Investments, Bank of Nova Scotia holds that view and questions the term seniors."

If banks know this, surely the insurance companies know they are using the present method of rating the seniors just to get more of that 70 or 80 per cent of wealth.

### HAND SIGNALS - John Peck

Most of us give clear hand signals, but some of us don't. My preference is for the three signals shown at the top of the diagram. For turning left, the left arm should be horizontal with the palm forward and fingers spread. For turning right, the right arm should be horizontal with palm forward and the fingers spread. To indicate that one is stopping, the left arm should be vertical with the hand down and the palm towards the rear. In New Zealand it should be the right arm, of course. All of this would be best done while wearing a white glove, not a cycling mitt.



Now some of you will say that this is nonsense, because a cyclist should use the same hand signals as the car driver does, and perhaps the law says that he should. You will say that to turn right the signal should be as depicted in figure "a". However there are many reasons why this should not be. The most important reason is that some of us give sloppy signals like those in figures "b" and "c". (Yes, I have actually witnessed them being used by some respected members.) Both "b" and "c" could be utterly confusing to the nearest motorist, especially "b"; is it a left turn or a right turn, or just "Hi there!?" Another reason is that hand signals from a car are now a rarity. We all use our blinking direction indicator and our hands remain on the steering wheel. There are probably many motorists who have forgotten or have never known what the hand signal

"a" means. Seniors like us remember it well, of course. Did your first car have direction indicators?

It is for this reason that, when cycling, I do not use signal "a". Instead, with the right arm extended and the palm forward, there is absolutely no confusion as to what my intention is, and this, of course, is the whole purpose of hand signals. You will say, what if you are in an accident and are accused of using a signal not in the manual. I believe that the question will be about whether my intention was clear, and of this I have no doubt, and a court of law would probably agree.

Perhaps the right arm extended for a right turn should be made mandatory for all two wheeled vehicles. It might make our cycling safer.

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## TO FELLOW CYCLISTS AND FRIENDS

Katryn Jeronimus

If you are coming from out of town to attend the annual meeting and or dinner dance, I would like to invite you to stay overnight at my place. I live close to the ferry and to Ladner as well, so bring your sleeping bag and be my guest. RSVP to 943-3627.

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## SPELLING AND FREE TRADE - John Peck

Some of you will remember that Roy Cooke and I disagreed over whether it is *tire* or *tyre*. I must admit that my little note was dashed off without much thought. But since then I have found the history of the word rather interesting. According to Fowler's "Modern English Usage", the word *tire* is a shortening of the word *attire*, i.e., the wheel's clothing. From the 15th to the 17th century, the spelling *tire* and *tyre* were used indifferently in England. Before 1700 *tyre* became generally obsolete and *tire* remained as the regular form as it does today in the USA. In Great Britain *tyre* has been revived recently. "It appears there is nothing to be said for *tyre* which is needlessly divergent", says Fowler.

So that pulls the rug from under me! Also I am well aware that there is a so-called Canadian Dictionary, for I was a colleague of one of its preparers, but that volume appears only to confirm the drift of our language to copy the South. I still prefer *tyre* just because, despite Fowler, it is still the current English usage, and is different from the American usage. But what has this to do with free trade? Well some of us like to preserve our identity, especially when it costs nothing. However those who say that

free trade will cause us to lose our identity don't count the cost. This is a competitive World. If we surround ourselves with trade barriers we will eventually be unable to compete internationally and it will cost us plenty. So let us preserve our identity in a way which costs us nothing.

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## NEW ZEALAND TOUR - John Philip

A record of some statistics from the club's 1991 New Zealand tour might be useful for similar tours in the future.

28 members took part in the tour which lasted from March 3rd to April 14th. The group flew with Air New Zealand from Vancouver to Auckland, Christchurch, and Dunedin. The latter two places are in the South Island. The support truck was rented in Christchurch, and fitted out with shelves by our New Zealand member Ivan Strahl. A two-member advance party went two days early to drive the truck from Christchurch to Dunedin - a distance of 362 km.

After a rest day in Dunedin the group started biking on March 7th, travelled south to Te Anau, then turned north, and cycled to Auckland. Excluding flight travel time the trip was accomplished in 39 days. This included 32 cycling days and 7 rest days. On the rest day in Te Anau the group travelled by rented bus to Milford Sound, where they took a boat trip out to the Tasman Sea.

The total distance cycled by the group in 32 days was 2695 km (1684 miles). This was divided between 1525 km in the South Island and 1170 km in the North Island. The average distance per day was 84 km (52 miles) with the longest day about 120 km and the shortest about 15 km.

At the start of the trip the 28 participants were divided into seven four-person cooking teams. The teams were rotated daily with each team taking over after breakfast. Their duties included driving the truck to the next campground, buying the groceries, and preparing the evening meal and the breakfast next morning. This system worked well. About ten members took turns driving the truck.

The costs given below are in Canadian dollars. At the beginning of the trip NZ dollars were purchased at an average exchange rate of just below 0.70.

The return air fare from Vancouver to Dunedin was \$1,530. per person, and this included airport taxes and trip cancellation insurance. An interesting innovation on this trip was that each participant paid their air fare directly to the travel agent, and if they chose to pay by credit card they could obtain certain

insurance advantages. All other costs for the trip came to \$670. per person giving a total cost of \$2,200. per person.

Excluding air fares the total amount spent on the trip was \$18,760. A breakdown of this amount is given below with the numbers rounded off.

Food	
- Groceries	\$5,346.
- Restaurant meal for 28	494.
Truck	3,035.
Campsites	4,040.
Motels (4 nights)	1,687.
Bus & boat trips	1,323.
Ferry across Cook Strait	1,054.
Air freight (camp equipment)	827.
Guide books	233.
Donation to Society for use of camping equipment	334.
Miscellaneous	387.
Total	<u>\$18,760.</u>

The cost per person per day was \$17.18.

John Peck visited New Zealand in November 1990 to develop an itinerary for the trip. On his return he produced an excellent guide book which was given to each tour member. This guide book will prove a valuable aid for any future tour around New Zealand.

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## SPORT SPONGES

More sport sponges have arrived. The cost is \$10, plus \$2 for postage if you do not pick it up. Call the office. They will also be available at the AGM.

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## BANQUET AND AGM

The Annual Banquet will be on Friday, November 22 at the Ladner Community Centre. 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, which should be purchased as soon as possible, are \$17 each. The caterer will be the same as last year. Send your cheque to the Society's office. Spouses and friends are welcome, of course. Bring your tour picture albums.

The Annual General Meeting will be on Saturday, November 23 at the Longhouse, South Delta Recreation Centre, 1720 - 56th Street, Tsawwassen starting at 10AM. A simple lunch will be served at a

cost of \$3. Bring your own mug, unless you like using styrofoam.

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## MEMBERSHIP DUES - Bob Douglas

You may have noticed that our address labels now carry a year and month which tells you when your membership expires. For example 91-10 indicates that dues are paid to the end of 1991 October. Dues are \$20 single, or \$30 for a family.

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## WHERE ARE THEY?

Fran Kimmel's mail has been returned from 343-4525 31st St. SW, Calgary. Does anyone know her new address?

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## NOMINATIONS FOR DIRECTORS

\* Indicates a director in 1991.

\**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, Alaska 1991; has cycled in Mexico and New Zealand; director and membership secretary 1990.

\**Victor DePaul*: Member since 1986; participated in numerous tours; regular rider on Tuesday, Thursday and Sunday; member of BABC and VBC; former member of Ottawa Bicycle Club, Cycle Touring Club of England; toured Italy, Britain, Yugoslavia, Switzerland; member of Vancouver Skiers, Northshore Hikers; former member of Alpine Club of Canada (Ottawa Section).

\**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, New Zealand, Alaska; regular

contributor to the Newsbrief; director and social convener 1990/91.

*Bernice Gregory:* Retired nurse; founding member; involved in many tours: Australia, New Zealand, Canada and others; experienced and capable tour organizer, now organizing fifth Arizona tour; involved in business most of her life so has knowledge of money handling and decision making.

*Anne-Marie Labourdette:* Member since 1985; retired public health nurse; coordinator for bicycle trips for North Shore Hikers; tours 1986: Santa Barbara, 1990: Arizona twice, Cascade, 1991: New Zealand

*Dennis Parsons:* A past vice president; coordinator of tours: Gabriola, Port Renfrew (with Redfords) Long Beach, South Africa (with John Peck); has cycled across Canada; wants to cycle "wrong way" across Canada in 1993 to celebrate Society's 10th birthday.

*\*John Peck:* Member since 1986; director since 1989; tours: China, Arizona x 2, South Africa (coordinator), Dempster Highway (coordinator), Santa Barbara, part of Cross Canada 1990, New Zealand (coordinator), Alaska; Newsbrief editor 1990/91.

*\*John Philip:* Member since 1984; toured Australia with the society 1984; director and Newsbrief editor 1988 and 1989; tour organizer of Santa Barbara 1986, and 1989, Grand Canyon 1988, Sunshine Coast 1990, Cascade Loop 1990, New Zealand 1991; president 1990/91.

*\*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; equipment manager 1991.

*\*Noreen Redford:* Retired nurse; cycled Vancouver Island - Prince Rupert to Prince George, Cross Canada 1987, Cross Australia 1988 both prior to CCCTS membership; tours: (1990) Gabriola x 2, Ucluelet, Cascade Loop, Arizona, (1991) New Zealand, Gabriola x 2, Port Renfrew; regular rider in Victoria.

*\*Ted Stubbs:* Member since 1986; regular participant in Sunday and Thursday rides; Santa Barbara 1986, Dempster Highway 1989, tour organizer Oregon 1991; 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, vice president 1991.

*Rae Wohlschlegel:* Retired nurse; began cycling in 1989, joined CCCTS in 1990; tours: Arizona, New Zealand, Gabriola, Port Renfrew with CCCTS; other tours: Queen Charlotte Islands, Vancouver to Creston, Sunshine Coast - Vancouver Island to Victoria, Victoria - Port Townsend - San Juan Island; regular Wednesday Victoria rider; pleased to participate and to represent Victoria.

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## 1991 CCCTS TOURS

**N.B.** Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Members are reminded that only those tours listed below are Society tours.

**New Zealand** March 3 to April 14, completed.

**Oregon** May 11-25, completed.

**Gabriola Island** May 28-30, completed.

**Alaska** May 31 - June 22, completed.

**Canadian Rockies** July 1-29, cancelled.

**Cultus Lake** July 2-8, completed.

**San Juan Islands** July 16-27, completed.

**Port Renfrew** August 21-30, completed.

**Gabriola Island** September 27-29, completed.

**Arizona** November 2-16, in progress.

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## 1992 TOURS

**Hawaii (the big island)** - January 14-27

John Peck 538-0195 & John Philip 531-0260.

Participants: (26) Verena Blatter, Josephine Chapman, Georgette Courchesne, Vic DePaul, Bob Douglas, Shirley Fisher, Russell Green, Bernice Gregory, Anne Ives, Emil Jensen, Andre & Frieda Kaufmann, Anne Marie Labourdette, Harry Lang, Richard Lebek, Mario Lovricic, John Peck, John & Dorothy Philip, Maria Kost-Smit, Dennis & Freda Scolah, Poul Svendsen, Ray & Kathleen Wilkinson, Rae Wohlschlegel.

There will be a meeting of participants immediately after the Annual General Meeting on November 23.

**The Adventurous Spirit** - end of May

Anne-Marie Labourdette, 521-0518 or 464-1169

Three days light camping, Douglas border to Bay View State Park, easy to moderate, no support vehicle. If interested call Anne-Marie.

**Rocky Mountain Triangle** - possible

**Sunshine Coast** - proposed *July*

**Holland** August 25 - September 15  
Theresa Keet 596-1953 & Josie Curtis 589-2089

A circle tour will take us from Amsterdam over the Yssel dyke to Friesland/Drenthe, then south to Arnhem, and to the famous Floriade (a flower show held every ten years). We will return through The Hague to Amsterdam.

The number of participants will depend on the type of accommodation which is available.

Interested: (21) Emily Ames, Ken Brothers, Brian Curtis, Josephina Curtis, Miép Dennison, Carl & Joyce Dukeshire, Joan Enman, Shirley Fisher, Ken Grieve, Ken Hanna, Al Hollinger, Katryn Jeronimus & sister, Theresa Keet, Dorothy Kennedy, Harry Lang, Jacob Moerman, Don Nay, Rose Tanchak, Norman Wrigglesworth.

**Switzerland** August 21 - September 16  
Andre Kaufmann 581-3923  
& Lynn Dick 261-5092.

Participants will now fly to and from Basel with a 15 day, approximately 1,025 km cycle tour entirely in Switzerland. A tentative route is: Basel - Balsthal - La Chaux de Sonds - Avanche - Montreux - Sierre - Siesch /Kuehboden - Goeshenen - by train through the Gokkhard tunnel to Airolo - Locarno - by train to Bellinzona - Ghosis - Buchs - Schaffhausen.

We will experience the varied architecture of Switzerland on this route. Accommodation will be in youth hostels at about \$20. per night.

A meeting of those interested in the tour will be held immediately after the Annual General Meeting on Saturday, November 23.

Interested: (10) Ken Brothers, Chuck & Lynn Dick, Joan Enman, Ken Hanna, Andre & Freda Kaufmann, Faye Wilson, Jack Wilcockson, Norman Wrigglesworth.

**Border to Border** August - September <sup>10</sup> <sup>27</sup>  
John Philip 531-0260 *\$ 1400*

A tour from Creston B.C., through Idaho, Montana, Wyoming, Utah, Colorado, and New Mexico to El Paso in Texas.

Interested: (30) Leo Comeau, Ian Cassie, Garfield Clack, Georgette Courchesne, Elsie Dean, Vic DePaul, Martine Donahue, Bob Douglas, Joan Enman, Bob Forsberg, Ken Hanna, Dan Kennedy,

*2 WEEK SEPT - OCT*

Anne Marie Labourdette, Albert Manser, John Peck, John & Dorothy Philip, Ian Polley, Marian Porter, Dennis & Freda Scorah, Connie Shaw, Ted & Pat Stubbs, Roy Towler, Tage & Grethe Winckler, Ray & Kathy Wilkinson, Norman Wrigglesworth.

**Cultus Lake** - Leo Comeau

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## 1993 TOURS

**Cross Canada** - 1993 June - August

There will be another Cross Canada Tour in 1993. Those interested please apply to the office.

Interested: (22) Norman Carlson, Garfield Clack, Renato Colbachini, Georgette Courchesne, Roy Cushway, Carl & Joyce Dukeshire, Marthe Lambert, Martine Donahue, Muriel Durenbeck, Joan Enman, Carolyn Hansen, John Hiza, Rusty Kelly, Marion Orser, Wendy Pearson, Noreen Redmond, Wilma Smith, Gerry Sutherland, Eila Taylor, Faye Wilson, Rae Wohlschlegel.

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## VANCOUVER WEEKLY TRIPS

**Sundays:** Meet at 10AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 531-6955.

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

**Wednesdays:** Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

**Thursdays:** Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347 or Bob Douglas 435-3893.

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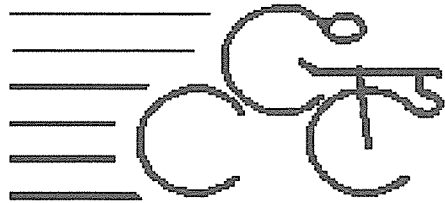
## VICTORIA WEEKLY TRIPS

**Sundays:** Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 477-7744.

**Wednesdays:** Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 477-7744.

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# NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 8 NO. 11

December 1991

Address: 315 - 1367 W. Broadway, Vancouver, B.C., V6H 4A9. Telephone: 737-3112, Fax : 738-7175

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. Membership fees are \$20 single and \$30 for a family. The month of expiry will appear on your address label.

President	
Dennis Parsons	477-7828
Vice-President	
Lynn Dick	261-5092
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Bob Douglas	435-3893
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Bernice Gregory	929-7533
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Eva Folk,	591-9345
Anne-Marie Labourdette	521-0518
Vancouver Island Representative	
Noreen Redford	592-1865
Member at Large	
Elsie dean	294-5834

## PRESIDENT'S CORNER - Dennis Parsons

A hearty vote of thanks to John Philip for enduring the past two years as president, for his work on the board before that, and for the many tours he coordinated.

Leaving the board now are Leo Comeau, Martine Donahue, Martin McCready, Gordie Rempel, Eila

Taylor and Roy Towler. What can one say but thanks for all you've done. I know we'll find you throwing yourselves into some form of endeavour.

To the tour coordinators: please keep coming forward. We need you, as we grow bigger, to give us even more variety than is found in the following '92 list.

A record number of tours conceived in '91 gives us so much choice. The big ones are: Hawaii, Border to Border and the BC Circle. In foreign travel we have one in Switzerland and one in Holland, and so many mini tours with Anne-Marie's being the newest.

Get out your pencils, calendars, and maps, and start planning with the safe knowledge that our Society offers the best alternative to going first class.

Merry Christmas, Dennis.

## EDITOR'S CORNER - John Peck

At the meeting of the board of directors held on December 5, the offices of President, Vice President, Treasurer and Secretary were filled anew, as are listed above. Also appointments were made to other positions. This means that all members of the board now have a specific duty, which makes them more visible and more accessible. It was also agreed that the club office would be looked after by the following roster: Monday John Philip, Tuesday John Peck, Wednesday Victor DePaul, Thursday Bernice Gregory, Friday Elsie Dean, with Bob Douglas and Lynn Dick, as the need arises.

The next four meetings of the Board will be January 6, February 4, March 4, April 2. We usually try to publish a Newsbrief after each meeting, so will contributors please keep these dates in mind as deadlines for contributions. Have your copy in the hands of the editor at the time of a meeting of directors.

Please keep those contributions coming.

## **TIRED (TYRED) OF BIKERS - Doc Watson**

It must be terribly confusing and frustrating for anyone who is not completely familiar with the nuances, the names, the spelling and the meanings of some of the words and phrases used in the English language. A motorcyclist, a bicyclist, a cyclist, a "biker", a road racer, an "off road" racer, an ATB rider, a track rider, a hill climber, a BMX and Cycle Cross rider all ride "Bikes". There must be more!

To be precise, a motorcyclist operates a motorcycle and a bicyclist rides a bicycle. Most bicyclists are comfortable being referred to by that name or the shorter more common term, cyclist.

A motorcyclist however, if referred to as a cyclist, will be quick to point out that he has power, "Man"! To many people, the term "biker" conjures up visions of a "Hells Angels" type of motorcyclist. I dislike being referred to as a "biker" for that reason.

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## **FRANCE 1991 - Eila Taylor**

At the beginning of the tour we stayed in country houses, usually arriving at destination by mid or late afternoon. Most of these houses, called Gites - Chambre d'Hote, were off the beaten track, requiring navigation while providing some pleasant rural rides. The average cost of these charming digs was C\$60 for two, which included an evening meal with the family and breakfast. As we went further south and timing became more critical, we switched to 1- or 2-star hotels in major cities, keeping largely to direct routes and arriving at destination by midday. For a room with twin beds the cost averaged C\$40 - about half of the hotels included breakfast in the room charge. Less expensive still were youth hostels (C\$26 for two in the Lyon hostel including breakfast), but these are situated on the outskirts of towns, sometimes atop local mountains, and much too far away from the action.

The countryside was always interesting. The northern fields of wheat and barley, brilliant yellow sunflowers and lush meadows dotted with the lovely white Charolaise cattle gave way to the vineyards of the Cote d'Or and the Rhone valley and then to olive groves and lavender fields as we moved southwards through Provence towards the coast. When the wind blew down the valley, it was gentle and stayed behind us most of the way to the coast. Along the Riviera stronger on-shore winds prevailed along some of the more exposed stretches.

An average day's ride would be 50km, covered on a mix of "N" and "D" roads. with no shoulders. Whenever a wide shoulder did appear, it would almost certainly mean that the "N" road we were on had suddenly become part of an autoroute and that

for the next few miles bicycles would not be permitted (the French drivers would lose no time in letting us know we were in the wrong place). Traffic is always moderately heavy on direct routes where trucks make up about a third of the vehicles. Still, we found truck drivers among the most courteous and friendly of drivers, often waving a greeting as they passed.

People everywhere were pleasant and helpful - whether we were in shops, asking directions, or looking for refills for water bottles. Riding through their country on bicycles seemed to make the French people look kindly upon us and made up in part for our abysmal attempts to speak their language.

Finding a public 'phone which will accept coins becomes increasingly difficult as new card operated 'phones are replacing them. The cards, sold by the post office, must be coded and an account set up for payment before a telephone machine will accept them. The tourist is then left to search out the elusive coin operated 'phone, best done in the early morning at the local post office.

Canadian dollar travellers cheques are acceptable everywhere in France, but should be cashed in banks, not in small hotels. Visa and MasterCard are by far the most popular cards, and Visa card holders may get cash from automatic teller machines. Visa and MasterCard holders can get cash, over the counter, at affiliated banks. By setting up a credit balance beforehand, one's own money is accessible with just a simple card.

A very thrilling ride on the TGV train from Nice to Paris cost \$100 each in second class. Our bikes had been dispatched on a slow train two days previously, for \$20 each, and waited for us in the Paris railway depot. (If you don't need your bike, don't claim it.) The TGV train is a miracle of modern engineering, but our six hour journey became eight with a two hour delay south of Lyon, caused by a problem on the track.

All told, a wonderful experience and one I hope to repeat some day.

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## **LAURA AND HARDY - Ken Grieve**

It all began the third day out from Phoenix at Biosphere II, the Crystal Palace-like Space-Age experiment, a complex set in the gorgeous Arizona hills north of Tucson, where we rested overnight in almost palatial town houses set into the hills, as though modelled after Frank Lloyd Wright.

Thus it was that "Designated Driver", Laura 1, gave the only key to "Designated Driver", Hardy 1, so that Hardy 1, not she, would drive the support truck to Tucson the following morning. This was not to be, however, because, in the morning, the "Tour

Aide-deCamp", we shall call Hardy 2, changed the rotation of drivers so that Hardy 1 could now cycle to the coffee break, or even, to Tucson.

Hardy 1 then blithely mounted his bicycle, drifting happily down the hills in the late morning to the scheduled coffee stop at Catalina State Park, where, eventually, about twenty cyclists, including the jovial Hardy 1, the only key tied around his neck, milled about the park gates, anxiously awaiting the coffee truck, which, alas, no matter how hard they wished, refused to materialize.

Meantime, lacking the key, Laura 1 could not move the truck an inch, while the caffeine-addicted cyclists continued to mill disconsolately about the Catalina Park entrance for another hour. From 11 am on, as the caffeine addicts (in withdrawal) decided the vigil was hopeless, they gradually drifted by ones and twos onto the road to Tucson. I myself left at about 11:30, by which time only a few, including the durable Hardy 1, remained.

Towards noon (we had an unusually late and relaxed start), the, by this time, puzzled Hardy 1 at Catalina Park suddenly remembered the only ignition key slung around his neck! He immediately remounted his steed to cycle his bulky frame uphill to Biosphere II. An eyewitness later reported seeing the ingenious Hardy 1 flag down a passing truck that loaded him and his bike aboard, transporting him, and the key, towards the Morning Start.

Eventually, Laura 1 informed the "Tour Chief", whom we shall label, Laura 2, that she had discovered she could not drive the truck to Catalina Park because she had given the only key to Hardy 1 the night before! Resolute Laura 2 immediately persuaded the Biosphere II Public Relations Lady to drive her down to Catalina Park in pursuit of Hardy 1 and the lost key.

As the eager women raced toward the Park, unaware, they crossed paths with Hardy 1 as he proceeded, unobserved, in the Good Samaritan's truck, but, headed in the opposite direction!

Upon arrival at the park, the Tour Chief, Laura 2, was informed by the few cyclists at the gate that Hardy 1 had been seen hitching a ride on a truck going North. Intrepid Laura 2 leapt agilely into the passenger seat, and she and her driver sped up the highway in hot pursuit of Hardy 1, and the key. But Hardy 1 had already arrived with the key, to the great relief of Laura 1, who had been anxiously waiting for it. Luckily Laura 2 met the truck on its way down, with Hardy 1 and Laura 1 in it. Laura 2 was then able to thank her driver and transfer herself to travel down hill again.

Few cyclists remained (Laura 2 claims that she was able to provide very tasty lunches) because we were nearly all at, or near the Tucson hostelry, the Rodeway Inn. We got our room keys from long-

arrived Hardy 2, sat around, drank beer, while we awaited the late afternoon arrival of the truck carrying our gear and clothing change. And this time, the three designated drivers did get the truck there.

Answer: At the tour start, give each designated driver a truck key.

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## ARIZONA TOUR No 5 - Leo Comeau

November 2nd saw us off for our fifth odyssey in the land of sunshine, cotton fields and citrus of many different species, forms and heights.

This year our tour took us through some very scenic places like Florence, Casa Grande, Sierra Vista, Bisbee, Nogales, Oracle, and Catalina, to mention a few.

At Oracle we visited Biosphere II where eight researchers have begun a journey to the future which they hope will bring about a greater understanding of Earth and outer space. For the next 34 months the crew members will coexist with with 3800 plant and animal species on which they will depend for their food and with which they will share air, water and waste recycling. The project is intended to develop technology to colonize space and to form a better understanding of our Earth (Biosphere I). We were given a guided tour of the project, and although it is not all finished, it proved to be very interesting.

Our next interesting adventure was a visit to the old mine tunnels and work places of Bisbee. Although the mine is closed, we went for thousands of feet under ground and it gave us an insight on the miners' work place and the mine's operation. One kilometre from the town of Bisbee we visited the Lavender Pit. This is an open pit mining operation, at one time the largest copper mine in the World. There is still some activity at this site.

Our group was quite diversified as to regions. We had one from Edmonton, two from Calgary, one from Nelson, one from Mesa, USA, three from Victoria, one from Nanoose Bay and one from Half Moon Bay. The rest were from the Lower Mainland. All proved to be a very happy bunch, and I don't know of one happy hour that was not successful. That includes the highlight of the tour, a dine and dance party at Rustlers Roost. I'm sure Bernice will second me in congratulating everyone, you were a wonderful group.

---

## WHY NOT IN HOLIDAYS? - Judy Jackson

I would like to submit for consideration a concern I have each time I read the Newsbrief. I am not yet retired, so my holidays are restricted to my school holidays. I have always hopefully looked through

your trip schedule for trips which coincide - but generally none do. For example, I would love to do the Hawaii with you but it is not over the Christmas break, nor is anything over the Easter break. Holland is Aug. - Sept., Switzerland Aug. - Sept., and Border to Border Aug. - Sept.

I realize that you are mainly concerned with retirees. I guess I shall just have to wait until retirement to participate ... and otherwise just read and regret that I can't join the trips yet.

*Editor's note: Perhaps Judy would like to organize a tour at a time that might suit her.*

---

## OUR ATHLETES - Noreen Redford.

The CCCTS was very well represented in competition at the Fourth Annual B.C. Senior Games on September 1991 and some members acted as traffic controllers in Coquitlam for the three day event, involving approximately 1600 athletes over the age of 55.

Cycling, swimming and table tennis were medal award events with representatives in track and field competitions as well.

Mathilde Klassen from Nelson, our strongest lady cyclist, took four gold medals in the 65-70 age group. Mario Lovricic made an impressive showing by winning four gold medals in cycling in the 60-64 category. Noreen Redford took four silver medals in cycling. Bert Davies, a relative newcomer to the club who hails from Sidney, and cycles with the Victoria group, was rewarded with four bronze medals in cycling in the 70-75 year group. His wife, Ruth, won three gold, three silver and two bronze medals in swimming.

Rick Jenkins, who lives in Duncan, was cycling in serious competition, and won one gold and three silver medals. Leo Comeau, cycling like the veteran that we know he is, took a bronze medal, while Doc Watsons' brother Charlie, another veteran cyclist, won a silver medal. Molly Shepherd enjoyed all the swimming events taking seven medals in total, five gold, one silver and one bronze. Molly just missed going to the Olympics in 1935.

Nannette Earl from Nanaimo, the table tennis specialist, won a gold medal. Gordon Rempel, who runs with the Saanich Peninsula Plodders and cycles with the Victoria group, entered track and field with some pretty impressive Masters Competitors. Josephine Chapman, who cycles in Victoria, "but is still too young", could be seen running her daily circuit on adjacent streets to the cycling races or watering up the cyclers after their competition as any good nurse should.

The CCCTS jerseys and cheering section were an inspiration and encouragement for all participating

entrants. To mention a few like Andre Kaufmann, Leo Comeau, Victor DePaul, Ella Laramee, Rose Tanchak, Ken Grieve, Eva Folk and her friend. Bob Douglas offered his services for the cycling time trials and then lost his way in the wilds of Pitt Meadows and Maple Ridge so early in the morning.

To all those whom I may not know or have missed, would someone kindly set the record straight.

I would say "Well done athletes"! See you next year at the end of August, in Dawson Creek for the 1992 Seniors Games. It was a lot of fun and thanks to Mario and Josephine who taught me all I know.

At the World Seniors Games, held in St. George, Utah on October 14-25, four CCCTS members won medals. Huntsman Chemicals, must be commended for their huge contribution of sponsorship. The World Senior Games began in 1987 with a goal of fostering "world-wide peace, friendship and health". More than 2000 participants, over the age of 50, took part this year.

The contingent of 24 mature athletes was the first ever from the city of Victoria to attend the games and was joined by many other Canadians as well as competitors from 40 states, Germany, Mexico and South America.

Josephine Chapman won three gold medals in 50-54 cycling. Molly Shepherd won three gold medals in 70-74 swimming. Mario Lovricic, a triathlete, was a gold, silver and bronze medallist in 60-64 cycling. Bert Davies took a silver and a bronze medal in his 70-75 year old group. Mario and Josephine wore their yellow jerseys for best overall in their cycling group - very impressive too!

We are proud of all of you; congratulations.

As an aside, Bert Davies was awarded the "Most Improved Rider" award, and Josephine won the fastest woman rider award in the time trials by Sidney Velos.

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## OTHER EVENTS

### Canada/Alaska Highway - 1992 July 1

The Redfords now have information from Gordon Rennie, a high school teacher in Fort. St. James, concerning his proposed tour from Dawson Creek, B.C., to Fairbanks, Alaska, through Whitehorse or perhaps through Dawson City. The letter is too long to reproduce here. He now has eleven interested, including three from Vancouver and six Americans. The trip should take from 22 to 30 cycling days. For information, call Noreen or Albert in Victoria, 592-1865, or call Gordon 1-996-7890.

## Kenora to Ottawa - 1992 Spring

Bob Jordan, 403-931-3227, will be cycling this part of the Cross Canada route. Anyone who would like to join him should call him, or write to him at RR1, Priddis, Alta., T0L 1W0.

## Soviet & American Bicycle Ride - 1992 June

Third annual rides: Moscow & Stary Russia, or Moscow & Rostov. Contact Jim Olson, 209 E 13th St., Davenport, IA, 52803, 319-322-5498, FAX 319-323-5825; cost US\$1300.

## WHERE ARE THEY?

Fran Kimmel's mail has been returned from 343-4525 31st St. SW, Calgary. Does anyone know her new address?

## OUR WORLD TRAVELLER - Bob Douglas

John Hathaway is on the move again. He has sent us greeting cards, also newspaper clippings, and hopes to ride in all ten provinces, the lower forty-eight states and Mexico within the next year. He started from Toronto, will now be in Florida, then go across the southern states and up the West Coast for a visit in the Spring. After that it's across Canada and zig-zag through the remaining states. We wish you luck, John.

## JERSEYS, HELMETS, JACKETS, ETC.

Martine Donahue, 689-2743, has access to a supply of the above, plus arm warmers. Call her if you are interested. More details will appear in the next Newsbrief, with the possibility of an order form, if there is a demand.

## SPORT SPONGES

We still have twelve from the last batch. The cost is \$10, plus \$2 for postage if you do not pick it up. Call John Philip, 531-0260, if you want one.

## 1991 CCCTS TOURS

**New Zealand** - March 3 to April 14, completed.  
**Oregon** - May 11-25, completed.  
**Gabriola Island** May 28-30, completed.

**Alaska** May 31 - June 22, completed.  
**Canadian Rockies** July 1-29, cancelled.  
**Cultus Lake** July 2-8, completed.  
**San Juan Islands** July 16-27, completed.  
**Port Renfrew** August 21-30, completed.  
**Gabriola Island** September 27-29, completed.  
**Arizona** - November 2-16, completed.

## 1992 TOURS

**N.B.** Payment for all tours should be addressed to the Treasurer, CCCTS, at the Society's office. Please mark your cheque with the name of the tour. Members are reminded that only those tours listed below are Society tours.

**Hawaii (the big island)** - January 14-27  
John Philip 531-0260 & John Peck 538-0195.

Participants: (26) Verena Blatter, Josephine Chapman, Georgette Courchesne, Vic DePaul, Bob Douglas, Shirley Fisher, Russell Green, Bernice Gregory, Anne Ives, Emil Jensen, Andre & Frieda Kaufmann, Anne Marie Labourdette, Harry Lang, Richard Lebek, Mario Lovricic, John Peck, John & Dorothy Philip, Maria Kost-Smit, Dennis & Freda Scora, Poul Svendsen, Ray & Kathleen Wilkinson, Rae Wohlschlegel.

**The Adventurous Spirit** - May 19-21  
Anne-Marie Labourdette, 521-0518 or 464-1169.  
Three days light camping, Douglas border to Bay View State Park, easy to moderate, no support vehicle. If interested call Anne-Marie. Dates depend on weather reports.

**Rocky Mountain Triangle** - May 16-18  
Ted Stubbs 321-2784

**Gabriola Island** - May 19-21  
Dennis Parsons 477-7744.

**Cultus Lake** - July  
Leo Comeau. 467-5823

**Prince George** - July 2-29  
Al & Diana Lifton 468-5696.  
A circle tour starting by ferry to Nanaimo and by bike (30km) to Parksville; continuing north on the Island Highway through Courtenay and Campbell River to Port Hardy; by ferry to Prince Rupert; cycling east on Highway 16 through Terrace and Smithers to Prince George; south on Highway 97 through Quesnel and Williams Lake to Cache Creek; continuing south through the Fraser Canyon to Lytton and Yale; and then the north side of the river

through the Fraser Valley to Hatzic Lake and the Lower Mainland. Total distance, 2000km; averaging 85 km/day. Cost \$500; deposit (\$100) due by May 1; balance (\$400) by June 1. At the AGM 16 expressed an interest.

**Holland** August 25 - September 15

Theresa Keet 596-1953 & Josie Curtis 589-2089

Holland, where we will explore seven provinces, each with its own culture and history, has more bike paths than any other country. We would like to receive a deposit of \$100 before January 15 in order to book our accommodation in Youth Hostels. The number of participants will depend on the type of accommodation which is available. We hope to have a meeting at the end of January. Watch for the notice in the next Newsbrief.

Interested: (27) Emily Ames, Jan & Lawrence Anderson, Sam Bigelow, Ken Brothers, Brian Curtis, Josephina Curtis, Miep Dennison, Carl & Joyce Dukeshire, Joan Enman, Shirley Fisher, Bernice Gregory, Ken Grieve, Bob Helms, Al Hollinger, Katryn Jeronimus & sister, Theresa Keet, Dorothy Kennedy, Lee Kraft, Harry Lang, Jacob Moerman, Nick Roos, Rose Tanchak, Tom Tuma, Norman Wrigglesworth.

**Border to Border** August 10 - September 27

John Philip will organize a tour from Creston through Idaho, Montana, Wyoming, Utah, Colorado (includes an 11000ft pass), New Mexico to El Paso in Texas. Those interested should call John Philip 531-0260.

Interested: (30) Ray Berg, Leo Comeau, Ian Cassie, Garfield Clack, Georgette Courchesne, Elsie Dean, Martine Donahue, Bob Douglas, Joan Enman, Bob Forsberg, Ken Hanna, Dan Kennedy, Anne Marie Labourdette, Albert Manser, Raynel Merness, John Peck, John & Dorothy Philip, Ian Polley, Marian Porter, Dennis & Freda Scorah, Connie Shaw, Ted & Pat Stubbs, Roy Towler, Tage & Grethe Winckler, Ray & Kathy Wilkinson.

Waiting list: Doc Watson, Nan Earl, Olive Thorne, Marten McCready.

**Switzerland** August 21 - September 16

Andre Kaufmann 581-3923  
& Lynn Dick 261-5092.

A deposit of \$100 is required by 1992 January 15. Participants will fly to and from Basel with a 15 day, approximately 1,025 km cycle tour entirely in Switzerland. Accommodation will be in youth hostels at about \$20 per night.

Interested: (10) Chuck & Lynn Dick, Peter & Chris Kabel, Andre & Frieda Kaufmann, Mel & Betty Kerr, Lee Kraft, Rae Wohlschlegel.

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**1993 TOURS**

**Cross Canada** - 1993 June - August

There will be another Cross Canada Tour in 1993. Those interested please apply to the office.

Interested: (25) Jim Beattie, Norman Carlson, Ian Cassie, Garfield Clack, Renato Colbachini, Georgette Courchesne, Roy Cushway, Martine Donahue, Carl & Joyce Dukeshire, Muriel Durenbeck, Joan Enman, Carolyn Hansen, John Hiza, Rusty Kelly, Mathilde Klassen, Marthe Lambert, Marion Orser, Wendy Pearson, Noreen Redmond, Wilma Smith, Gerry Sutherland, Eila Taylor, Faye Wilson, Rae Wohlschlegel.

**New England** - 1993 fall.

Ken Hanna, 613-741-7968, is considering a bicycle tour when the colours are best. Call him or write to him at 81 West Presland Road, Ottawa, Ontario, K1K 2C2, if you are interested.

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**VANCOUVER WEEKLY TRIPS**

**Sundays:** Meet at 10AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 531-6955.

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

**Wednesdays:** Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (no rides if it's raining). Contact Mel or Betty Kerr 985-5038.

**Thursdays:** Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347 or Bob Douglas 435-3893.

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**VICTORIA WEEKLY TRIPS**

**Sundays:** Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 477-7744.

**Wednesdays:** Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 477-7744.

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