

NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 1

January 1993

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

Membership fees are \$20 single and \$30 for a family. The month of expiry of your dues will appear on your address label.

Items for the Newsbrief should be in the hands of the editor by the next directors' meeting, February 4.

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Lynn Dick	261-5092
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Dennis Parsons	383-4479
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Roy Towler	594-7121
Ted Stubbs	321-2784

This will save Bob a lot of trouble. Resolution two should be that when we send our contribution to the Newsbrief, we sign it. The editor does not like to receive unsigned contributions. But that's enough about resolutions.

Now I want to talk about our name. While on the Great Divide Tour in the USA, people saw the "Cross Canada..." banner on our truck and remarked "Are you people lost?" or "Are you trying to annex us?" or "Why are you cross?". This brings home to us that the name of our Society does not really describe what we do. So we are looking for a more appropriate name; one that captures, in the minimum of words, what we are about; something like Canadian Cycle Touring or perhaps Canadian Seniors Cycle Touring. But why should we be modest? If we are really the only such club, then why not just Seniors Bicycle Touring. We will still be a society, of course, but that word is perhaps not necessary in the name. Think about it, and write to the Newsbrief.

You may have heard that we are moving our office at the end of this month to a location in Burnaby near the Royal Oak sky train station. It will be more convenient for our volunteers who keep the office going. Watch for details in the next Newsbrief.

We have many interesting trips to look forward to this year: Hawaii, Utah, Arizona, Holland & Italy, California, the Island, around BC, Cross Canada, Queen Charlottes, New England. A fine selection it is, so sign up and join the fun, and while you are doing so give thanks that we have so many dedicated leaders.

Have a good year.

PRESIDENT'S CORNER - John Peck

Happy new year to you all!

What new year resolutions could we make? Resolution one should be that when we send a cheque to the treasurer, we write on that cheque what it is for.

1992 INCOME TAX RECEIPT

Your Canadian income tax receipt for eligible amounts received for the 1992 calendar year is included with this Newsbrief.

2nd REGIONAL BICYCLE PLANNING CONFERENCE

This conference will be held from 9 am to 5 pm on Saturday, January 16th at Hastings Community Centre, 3096 East Hastings Street, Vancouver.

This will be a gathering of cyclists and cycling groups to discuss and develop an action plan to promote cycling in the Greater Vancouver Regional District.

For more information and to register please contact: 879-2453. (Pre-registration is not required but appreciated). Sponsored by: Better Environmentally Sound Transportation.

HALF THOUGHTS ON SHIFTING

- George Setterfield

In December Bruce Hudson thoroughly described the "crossover" gearing supplied on most mountain, hybrid and touring bikes. This gearing is summarized in Table 1. It has the advantage that almost all shifting is done on the rear cogs, while staying on the middle chainring. This is the closest thing we have to automatic transmission, but there is a price. Only 11 of 21 possible gears are useful.

# Teeth on Rear Cog	# Chainring Teeth		
	28	38	48
12	-	85	108
14	-	73	93
16	-	64	-
18	-	57	-
21	-	49	-
24	32	43	-
28	27	37	-

Table 1. "Crossover" Gearing.

Numbers are 'gear inches', which are proportional to distance travelled by a 27 inch wheel per pedal revolution. (For actual distance multiply gear inches by 3.14.) Only distinct, useful gears are shown.

For those prepared to use their front derailleur routinely there is an alternative, shown in Table 2. With "half-step + granny" gearing, the large and middle chainrings are chosen so that a shift on the front gives roughly half the gear change of a shift of one cog on the rear. Thus the name half-step. This arrangement gives 16 distinct, useful gears, which in turn allows fine tuning in the important mid-range of 50 to 85 gear inches. The gears in this range fall in a natural progression which simply requires alternate shifting on front and rear derailleurs. Of course you can always stay on one chainring and shift through

several cogs, optionally fine tuning with a front shift at any point.

# Teeth on Rear Cog	# Chainring Teeth		
	24	43	46
12	-	97	104
14	-	83	89
16	-	73	78
18	36	65	69
21	31	55	59
24	27	48	-
28	23	42	-

Table 2. "Half-Step + Granny" Gearing.

I have shown a 24-tooth granny in the half-step table and I think all distance cyclists of moderate strength should use this ring, even with crossover gearing. The 20 or so gear inches it provides will overcome almost any hill, even with a load. The standard Shimano triple crankset now comes with 46, 36 and 24 teeth. With a seven-cog rear cluster all that is required for half-step conversion is replacement of the middle ring with a 43. These rings are somewhat hard to find but Sugino makes them and a good shop should be able to order one. PM Bikes in Langford (near Victoria) has supplied me with several. If your cluster has only 5 or 6 cogs, 48- and 43-tooth rings should give good half-step, but check with a gear table first.

RUSSIA TRIP CANCELLED

- Chuck & Lynn Dick

Although the intended departure date for this trip is twenty months away, in fairness to the almost fifty members who signified their interest in this trip, and who wish to make alternate plans, it is important to provide early notice of cancellation.

The success of the 1987 trip to China prompted us to plan a trip to "Russia". However, in the three years since our preparations began conditions in that country have changed dramatically. Foremost in the mind of any tour leader is the safety and health of all participants for the duration of the trip. For cyclists, these factors are of paramount importance. The guaranteed availability of quality food and a safe water supply near to, or at, all camping sites, hotels and homestays is a necessity for maintaining our health.

As we enter 1993, and in spite of what our Russian contacts would like us to believe, and even seem prepared to guarantee, conditions in the three major regions we intended to visit do not ensure safety, health, reasonable road conditions, suitable accom-

modations or quality alternate transport when required. Recent visits by members of the CCCTS verify these problems. Additional disturbing news is that there has been in the past year a threefold increase in crimes against visiting tourists in both urban and rural areas. With the current and projected economic and political conditions to continue there seems little hope for improvement to adequate standards by 1994.

For those members who may wish to visit Russia on their own or as part of a commercially organized tour (cycling as well), we would be pleased to provide names and addresses of contact persons.

Cycling in any foreign country provides particular challenges, and should conditions in Russia change to permit us to offer an excellent experience, we would be pleased to act as leaders.

Special thanks to the participants for your expressions of interest and your support for a "Russia" trip.

17 TIPS FOR THE SAVVY CYCLIST

Cycling is one of the best forms of exercise around: it gives the heart and circulatory system an aerobic workout; it puts little stress on joints; it can burn between 400 and 700 calories per hour; if you own a bike cycling is free; and it can be done just about anywhere.

But there are some steps you can take to improve cycling safety and enjoyment:

Braking

Brake with your hands at the ends of the levers. This will allow you to exert optimal pressure.

Don't brake abruptly during the first minutes of a rainstorm, when roads are especially slippery.

On long, steep downhills, as well as in wet weather, it is safest to "feather brake" - that is, tap the brakes, applying intermittent pressure.

For a quick stop, as you press the brakes firmly, slide your buttocks to the very back of the saddle. This will keep the rear of the bike down so that you don't flip over the handlebars.

Don't jam on the brakes, however, or you may lose control of the bike. The front brake has the power to stop you more quickly than the back brake, but when squeezed too hard it can throw you over the handlebars. The back brake, with strong pressure, may cause the bicycle to skid.

The right stuff

Always wear a helmet. This is the most important precaution a cyclist can take. Head injuries account for about 85% of the nation's 1,000 cycling deaths.

When cycling at night or whenever visibility is poor, wear brightly coloured, reflective clothing, and use your headlight. In fact, wearing bright colours is a good idea at any time.

Don't wear headphones. They can block out street sounds you need to hear in order to ride defensively. Wearing headphones while cycling is a misdemeanor in some municipalities (including Vancouver).

Don't wear a heavy backpack. It can throw you off balance. Carry packages only in baskets, handlebar or seat bags, or panniers.

Good road sense

Use hand signals. This will allow the drivers of the cars around you to anticipate your actions.

Learn to change gears without taking your eyes off the road so that you won't swerve into traffic.

Watch out for storm drains, cattle guards (for country riders), and railroad tracks. They're all slippery when wet. Cross them at a right angle, so that your front tire doesn't get caught, and cause you to be thrown off your bike.

Don't ride side by side with another cyclist in traffic. Use bike lanes when available.

Make it easy

Don't ride in the racing "drop" position (with your hands on the curved part of the handlebars) for any extended period of time. Though this position does make you a bit more aerodynamic and thus makes your pedalling more efficient, it may cramp your hands, shoulders, and neck. Instead, ride with your hands over the tops of the handlebars and switch hand positions frequently.

After a long uphill, don't coast downhill without pedalling. As you climb up the hill, lactic acid builds up in your muscles and can contribute to muscle soreness; by pedalling lightly but constantly while coasting downhill (even if there's little resistance), you can help remove the lactic acid.

Wear shoes with rigid soles. These allow for more efficient pedalling, since they usually transmit more power to the pedals.

Keep your arms relaxed, and don't lock your elbows. This technique helps you absorb bumps from the road better. Also, when you see bumps ahead in the road, raise your buttocks slightly off the seat, keeping your knees bent - this will prevent you from bouncing painfully on the seat.

- from the *Berkeley Wellness Letter*, June 1990.

375,000-MILE BIKE TOUR

Since the 1940s, John Hathaway has been cycling his way around the world, logging about 375,000 miles.

In October, the 67-year-old Vancouver, Canada, resident hopes to complete a tour of the 48 contiguous United States and Canada's 10 provinces.

Hathaway, a native of Coventry, England, spent the weekend in Elizabethtown with cyclists Charles and Clara Myers after Thursday's tough rain and wind storm forced him to seek shelter.

"I just met him Thursday," said Charles Myers.

He said his wife first saw Hathaway Thursday night as she was traveling back and forth to Boston. When she returned home, Myers said his wife told him about a cyclist who maybe could use their help.

"This guy's going to get killed," Myers recalled his wife telling him.

Just as he was putting on his coat, Myers said he received a call from Hathaway. Myers offered Hathaway a place to stay, and went out to pick up the cyclist.

Myers' name is listed in a hospitality directory distributed to cyclists by the League of American Wheelmen. Cyclists who are traveling use the directory to stay with other cyclists during their trips. That's how Hathaway was able to contact Myers.

Unfortunately, Myers is the only contact listed for Kentucky.

"It was bad that night," Hathaway recalled.

During his visit, he and Myers have been sharing their cycling adventures, including the time when Hathaway broke his back in South America. His bike was clipped by a truck, he recalls. Hathaway keeps a sophisticated journal, logging his mileage, places he stayed, the number of days of his trip and a description of his overnight accommodations.

Hathaway's layover in Elizabethtown gave him a chance to have his custom-made bicycle serviced. Myers said Bob Coakley, owner of Elizabethtown Schwinn Cyclery & Sports Shop, serviced Hathaway's bike and provided Hathaway with supplies free of charge.

During his now 55-week trip, that began in Toronto, Hathaway said he's stayed with 150 strangers and traveled more than 13,300 miles in 29 states. He plans to leave Elizabethtown today and head toward Nashville. His goal is to spend Thanksgiving with friends in Oklahoma City.

Hathaway lists all the people he's stayed with in his travel journal. He tries to keep in touch with them by sending them postcards and pictures during his trip.

"You do lose some of them over the years," he said, because it's difficult to correspond with so many people.

As he recalls his adventures, Hathaway said he's experienced a sort of excitement wherever he's gone. In Japan, he remembers how nice people were there.

From Oklahoma, Hathaway suspects his next stops will be Texas, Southern California and the Baja Peninsula. Eventually he hopes to journey to Alaska.

Although Hathaway said he believes he may one day retire from taking such long trips, "I don't think I'll ever quit riding."

"I just wish we would see more people out there doing this," Myers said.

Editor's Note: This article (written by staff writer Lora Hines) was copied from the November 16th,

1992 issue of a newspaper called The News-Enterprise which is published in Elizabethtown, Hardin County, Kentucky.

John Hathaway is a member of the Cross Canada Cycle Tour Society.

THE LAYERING SYSTEM

The trick to staying warm while cycling in cool weather is staying dry. Clothing that vacuums off perspiration from your body, and repels rain or snow is the key to staying dry. Bundling up in as many garments as you can find in your closet may seem to be the way to stay warm, but this heavy, inefficient means of layering will cause you to become sweat-soaked, thus depleting your body of desired energy. On the other hand with thoughtfully chosen garments, you can remain warm and dry.

A base layer garment must be effective at "wicking" or drawing off perspiration moisture from the skin and into the next layer, thus keeping it away from the skin. A base layer garment is usually lightweight, and must fit close to the skin. Thermax is a suitable material for such a garment.

Insulating layers trap warm air between you and the outermost layer, creating a cocoon of self-heating air. Insulating layers also work to wick moisture out to the outermost layer for evaporation. With a couple of different weight insulating layers, you can easily adapt your wardrobe to fit the temperature of the day. On a mild wind and rain free day, this garment can be worn as the outermost layer.

A shell will complete the layering package. Shells can range from wind and rain resistant to waterproof.
- from the 1992 "bike nashbar" catalogue.

BORDER TALK AT POINT ROBERTS

- Josie Curtis

Customs Officer: "Where are you heading for, lady?"

Cyclist: "I am following the group of Canadians who crossed here a little while ago. I am the tortoise of the group, always the last one."

Customs Officer: "No, you are not the tortoise, you are the caboose. Go ahead and don't break the speed limit."

JERSEYS - Martine Donahue.

The jerseys have been ordered, and delivery is expected late in February.

WELCOME TO NEW MEMBERS

Here are the names of the members who joined the club in the second half of 1992. We apologize to those for whom this is a belated welcome.

George Setterfield & Roslyn Grey, 1063 Glen Forest Way, RR1, Victoria, B.C., V9B 5T7.	478-8695
Mo Aller, 2369 Drury Lane., Ottawa Ont., K2C 1G4.	613-829-1517
Horst Hees, 807-450 Simcoe Street, Victoria, B.C., V8V 1L4.	386-7226
Shielagh Banfield, 65 Moss St. (lower), Victoria, B.C., V8V 4M2.	388-0217
Antonie G.J. Hoeflok, 2-620 West 15 Street, North Vancouver, B.C., V7M 1S9.	985-2696
Felice Bennekou, 1274 Beach Grove Road, Tsawwassen B.C., V4L 1N6.	943-6929
John R. Jones, 13740 27th Ave., White Rock, B.C., V4P 1T1.	538-6172
Marshall Butcher, 4685 London Cresc., Delta, B.C., V4K 4W8.	946-8292
Ilene & Claude Kiernan, General Delivery, Westerose, Alberta, T0C 2V0.	403-586-2763
Vance Carver, 55 Kaiser-Friedrich 6200 Wiesbaden, West Germany.	
Ben Kihlman, 2002-1010 Burnaby St., Vancouver, B.C., V6E 4LB.	687-4925
Reginald A. J. Clark, 5917 Crescent Drive, Ladner, B.C., V4K 2E7.	946-2916
Pat & Maureen Kinney, 2635 West 43 Ave., Vancouver, B.C., V6N 3H8.	263-4579 681-6171
Peter G. Cordoni, 18280-74 Avenue, Surrey, B.C., V4N 3G5.	574-5717
Betty McCulloch, 545 Niblick Close, Qualicum, B.C., V9K 1E6.	
Bob Crookshank, 4677 McLaughlin Dr., Courtenay, B.C., V9N 6J2.	
Alyce McKay, 305-1140 55th St., Delta B.C., V4M 3J8.	943-2997
Jean Crozier, 16015-123 Street, Edmonton, Alta., T5X 2W2.	403-456-8864
Joy McQuade, 11 - 14025 Nico Wynd Pl., White Rock, B.C., V5A 5Z4.	538-7300
Katherine Dauenhauer, 6320 Eagle Harbour, N.E., Bainbridge Island, WA, 98110.	206-842-1828
James & Yolanda Medves, 73 Country Club Drive, Ottawa, Ontario, K1V 9W1.	613-736-0667
Jack Fisher, P.O. Box 248, Rossland, B.C., V0G 1Y0.	362-7619
Leila Montgomery, 24 - Mt. St. Group Box, Nelson, B.C., V1L 2J3.	352-2154
Andre Joseph Gadd, 11771-75A Avenue, Delta, B.C., V4C 1J6.	596-2384
John Petrie, 2404 E 33 Avenue, Vancouver, B.C., V5R 2S3.	434-6415
Charlie Glushka, 5504 -46A Ave., Delta, B.C., V4K 3P8.	946-2609
Dana Gee, C/o The Province, 2250 Granville Street, Vancouver, B.C., V6H 3G2.	732-2222

Harold R. Redding, 850-0243
 36-2725 Fuller Street,
 Abbotsford, B.C., V2S 3K2.

Elizabeth Robertson, 921-8014
 6076 Gleneagles Dr.,
 West Vancouver, B.C., V7W 1W2.

Heather Sander, 479-8020
 3371 Rolston Cres.,
 Victoria B.C., V8P 4P2.

Arno Seidelmann, 596-3386
 6749 Carncross Cres.,
 Delta, B.C., V4E 1L6.

Fred & Jan Van Sickle,
 3250 Jefferson,
 Spokane, WA, USA, 99210.

Mel Sillars, 652-2874
 102-2600 Ferguson Rd.,
 Saanichton, B.C., V0S 1M0.

Earl Taylor, 652-1361
 6652 Tamany Drive,
 Victoria, B.C., V8Z 5Y7.

Loretta U'Ren, 613-348-3979
 Box 197,
 Maitland, Ontario, K0E 1P0.

Earl Wilkins, 705-737-5145
 131 Oren Blvd.,
 Barrie, Ontario, L4N 4M3.

HELMET FOR SALE

Olive Balabanov (540-9512) has a new Garneau helmet for sale. Colour: Turquoise. Size: Medium-Large. Cost: \$35.

1993 TOURS

Payment for all tours should be made out to the CCCTS and 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. Participants must sign a waiver and agree to the financial rules.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Members are reminded that they should be in proper physical condition to undertake a tour and that their bicycles must be properly maintained.

Hawaii January 14 - 27.

John Peck 538-0195,
 Dennis Parsons 383-4479.

Participants: (19) Robert Curr, Dennis Parsons, Ken Grieve, Augusta Lee, Tage & Grethe Winckler, Joan Hutchison, Rowan Ley, Virginia Munro, Doc Watson, Shirley Fisher, Dorothy Kennedy, Mel Kerr, John Peck, Albert & Noreen Redford, Ray Berg, John Jones, Sylvia Mather.

Utah's Canyon Country March 25 - April 10.

John Philip 531-0260.

This 650 mile, 16 day circuit around the canyon country in southeastern Utah will be a loaded camping trip with a flexible itinerary and without a support vehicle.

We will drive to and from Moab so that we can add an extra day or two to the end of the trip if required.

A meeting of participants will take place about the second week in February. Stay tuned for announcements.

Itinerary: Moab - Arches National Park - Green River - Hanksville - Capitol Reef National Park - Hite Marina - Natural Bridges - Mexican Hat - Monument Valley - Bluff - Monticello - Canyonlands National Park - Moab.

Participants: (16) John & Dorothy Philip, Theresa Green, John Peck, Ted & Pat Stubbs, Tom & Carole Rogers, Raynel Merness, Chuck & Lynn Dick, Bill Hook, Barbara Hetzer, Sonja Joos, Ray Berg, Rae Wohlschlegel.

Waiting List: (7) Garfield Clack, Wendy Pearson, Mike Kelly, Keith Clothier, George Setterfield, Roslyn Grey, Eilene Kiernan.

Arizona April 18 - May 1.

Leo Comeau 465-7116.

Coordinator Bruce Hudson 602-895-5871.

Phoenix to Grand Canyon and return. Distance is approx. 500 miles (800 km) Elevation change approx. 5800 ft (1770 metres). This will be a motel tour with support vehicle.

Itinerary: Phoenix - Sun City - Wickenburg - Prescott - Ash Fork - Williams - Grand Canyon (for a two-day visit) - Cameron - Gray Mountain - Flagstaff - Oak Creek Canyon - Sedona - Camp Verde - Payson - Apache Junction - Phoenix.

This will be a strenuous ride and only experienced cyclists should attempt it. Participants will be getting more precise information later.

Cost \$600 plus transportation. Limited to 20 participants. A registration fee of \$15 is required to get on the tour list. Full amount of tour cost should be sent to the office by February 28.

For more information call Leo at 465-7116.

Participants: (5) Leo Comeau, Bruce Hudson, Ken Brothers, Noreen Redford, Brian Curtis.

California Wine Country May 4 - 23.

Ted Stubbs 321-2784.

Sixteen cycling days and three rest days, 1156km (725 miles), cost about \$550. A \$100 deposit is required by January 31 in order to pay deposits for campground reservations.

Cloverdale CA (May 5), Guerneville 37km, Santa Rosa 38, Petaluma+ 68, Napa 53, Calistoga 56, Lake Berryessa 71, West Sacramento+ 72, Maxwell 105, Red Bluff 106, Platina 79, Dinsmore 85, Stafford 78, Richardson Grove+ 79, MacKerricher 88, Hendy Woods 71, Cloverdale (May 23) 70.

Participants: (16) Ted & Pat Stubbs, Jim & Shirley Mae Jeffrey, John Peck, Eva Folk, Keith Clothier, Anne-Marie Labourdette, Ian Polley, Bob Stevens, Dorothy Kennedy, Theresa Keet, Mike Kelly, Sylvia Mather, Raynel Merness, Roy Towler.

Go for the Gold May 16 - June 16.

(or The California Gold Rush).

Chuck Dick 261-5092.

This is a loaded camping tour without a support vehicle.

Cost (if 20) approximately \$700. Distance 1447 miles, 32 days, 25 cycling days, 58 miles (93 km) per day average.

Larrabee 32 miles, Wenberg 58, Wallace Falls 55, Tumwater 55, Liberty 54, Yakima 50, Brooks 54, Tygh Valley 62, Cover Pallisades 68, La Pine+ 68, Diamond Lake 73, Crater Lake 25, Klamath Falls 49, Tionesta 67, McArthur 54, Old Station 48, Chester 19, Quincy 57, Sierraville 52, Lake Tahoe+ 67, Emigrant Gap 60, Auburn 59, Ione 69, Brannan Is.++ 57, train or bus to Vancouver. (+ is rest day).

Participants: (7) Richard Lebek, Chuck Dick, Lynn Dick, Theresa Green, Raynel Merness, Audrey Hayes, Anne-Marie Labourdette.

Gabriola Island May 18 - 20.

Dennis Parsons 383-4479

\$39 sent to office confirms acceptance (\$5 is non-refundable if you cancel). Limit 22 participants.

Holland - Italy Approx. dates May 30 - June 28.

Josie Curtis 589-2089.

Any day now we expect to receive more information for this year's 17-day cycle tour in the Tuscany area of Italy. Once we know the time frame we can fit in the Holland part of the tour. The Dutch route will take us around great estuaries, through beautiful nature areas and pictureque towns. In sunny Italy we shall see an abundance of architecture from medieval and older Roman times, ancient fortifications around many towns, nestled on hills for easier defence.

Cost based on 1992 rates and exchange including airfare: about \$2,200. A \$150. deposit is required by January 31.

Interested: (8) Dan & Jerry Baris, Josie Curtis, Carl & Joyce Dukeshire, Mario Lovricic, Peter Cordini, Keith Bower.

Bay View - Three days in late May or early June.

Anne-Marie Labourette 521-0518 or 464- 1169.

A loaded camping trip without a support vehicle.

Participants: (7) Chuck & Lynn Dick, Bob Douglas, John Philip, Dorothy Philip, Anne-Marie Labourdette, Roy Towler.

Cross Canada June 1 - August 31.

Dennis Parsons 383-4479.

Estimated cost \$1875, \$50 deposit required.

Participants: (37) Jim Beattie, Bryson Braziel, Norman Carlson, Ian Cassie, Renato Colbachini, Georgette Courchesne, Geoff & Alfreda Goodship, Roy Cushway, Joan Engman, John Hiza, Mathilde Klassen, Marthe Lambert, Margeria Lemieux, Wendy Pearson, Bobbie Redmond, Wilma Smith, Gerry Sutherland, Eila Taylor, Tom Tuma, Faye Wilson, Rae Wohlschlegel, Marie Hackinen, Bob Jordan, Katie Bateson, Margot Sarich, Al Westnedge, Gordon Graham, Donna Nicholas, Leila Montgomery, James Wolff, Vernon Patterson, Horst Hees, Ben Kihlman, Peter Cordoni, Earl Wilkins, Reg Clark.

BC 93 June 29 - July 29.

Al & Diane Lifton 468-5696.

This tour will include a number of mountain passes as we cycle from the Coast to the Rockies and back again. The daily distance has, therefore, been kept low, averaging 71 km per day (the longest distance, two 100 km days). We plan to start at Horseshoe Bay, travelling north on Highway 99 through Squamish, Whistler and Pemberton, on to Duffey Lake Road (newly paved) to Lillooet, through Marble Canyon to Cache Creek, and on to Kamloops. From Kamloops we thought we'd go north on Hwy. 5 through Barriere and Clearwater to Tete Jaune Cache, and then east on Hwy. 16 through Mount Robson Park to Jasper. We will then follow the Ice-field Parkway to Lake Louise. Heading home, we plan to take Hwy. 1 through Golden and Revelstoke to Sicamous; and then south on Hwy. 97A to Vernon. From Vernon, we plan to cycle through Kelowna and West Bank; turn west onto Hwy. 97C to Merritt; and then Hwy. 5 (Coquihalla) to Hope. We'll finish the tour in the usual way, along the north side of the Fraser River to the Lower Mainland. Total distance 1910 km; cycling days 27; rest days 4; Cost of tour \$600.

Participants: (26) Roy Towler, Brian Curtis, John Peck, Martine Donahue, Elsie Dean, Bob Forsberg, Ray Berg, George Setterfield, Anne-Marie Labourdette, Nick Roos, Joan Enman, Art & Brenda Borron, Judy Jackson, Dan Kennedy, Ken Brothers,

Bob Douglas, Marten McCready, Jack Hermiston, Emidia Lepore, Marshall Butcher, Monty Maundrell, Al Lifton, Diane Lifton, Eva Folk, Garfield Clack.

Haida Guui (Queen Charlotte Islands)

August 10 - September 2.
Elsie Dean 294-5834.

Cycle from Nanaimo to Port Hardy (about 390 km in 5 days). Ferry to Prince Rupert (about 17 hours). Catch ferry to Q.C.I. (about 6 hours). Tour Graham Island to Masset to Rose Spit. Circle back through Justkla, Yakoun River, to Queen Charlotte City. Take the circle tour on Guui Haanas (Moresby Island) (120 km), stop at Gray Bay Campsite, then back to Skidegate Landing. By boat charter to Hot Spring Island along coast islands of Moresby. Cross Hecate Strait to Prince Rupert. Return by same route.

Sag wagon will be provided to carry bags and camping equipment. Cost will be around \$500 plus boat fares.

Participants: (16) Elsie Dean, John Peck, Victor DePaul, Keith Clothier, Olive Balabanov, Theresa Keet, Dorothy Kennedy, Theresa Green, Wendell Green, Chris Kabel, Monty Maundrell, Ron France, Roy Cushway, Midge Carlson, Bernice Moore, Neil Dobson.

Strait Circle - September.

Dennis Parsons 383-4479.

Itinerary: Vancouver, Victoria, Duncan, Nanaimo, Qualicum, Comox, Powell River, Vancouver, Bellingham, Port Townsend, Port Angeles, Victoria, Home.

Average distance 50 km/day, fully loaded, sharing motels. More later.

New England September 7 - October 8.

Ken Hanna 613-741-7968, John Philip 531-0260.

A circle tour starting and finishing in Ottawa, and going through New York State, Vermont, New Hampshire, northern Massachusetts, and Maine.

As requested in the December Newsbrief a \$10 non-refundable deposit from participants and also from those on the waiting list was due by January 1. The names listed below have been revised to reflect the response.

Participants: (25) Chuck & Lynn Dick, Ken Grieve, Ken Hanna, Joan Hutchison, Ray Merness, John Peck, John & Dorothy Philip, Dennis & Freda Scoriah, Roy Towler, Faye Wilson, Marion Orser, Sam Bigelow, Brian Curtis, Vic DePaul, Ken & Lee Kraft, Tage & Grethe Winckler, Doc Watson, Shirley Fisher, Dorothy Kennedy, Bruce Ross.

Driver: Ian Polley.

Waiting List: (19) Elizabeth & Anker Gram, Margaret Fyfe, Roy Barrows, Josie Zewiec, James & Yolanda Medves, Martine Donahue, John Jones, Maurice Leduc, Theresa Keet, Roland Anderson,

Catherine Mick, Jim & Shirley Mae Jeffrey, Ray Berg, Mo Aller, Josie Curtis, Victoria Bernhardt.

1994 TOURS

Hawaii (The Big island) 1994 January

John Peck 538-0195.

Again a 14 day unsupported circular tour.

Participants: (4) John Peck, Mathilde Klassen, Anne-Marie Labourdette, Mike Kelly.

Russia

Cancelled for 1994. See article in this Newsbrief.

Cross America 1994

Marion Orser 737-8483.

Participants: (10) Richard Lebek, Chuck & Lynn Dick, Theresa Green, Mario Lovricic, Raynel Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue.

Oregon Trail 1994.

Ted Stubbs 321-2784.

Two weeks in September or October.

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Sundays: Meet at 10AM at parking lot at south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Ian Polley 531-6955 or Bob Douglas 435-3893.

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 (not if it's raining). Contact Mel or Betty Kerr 985-5038.

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VICTORIA WEEKLY TRIPS

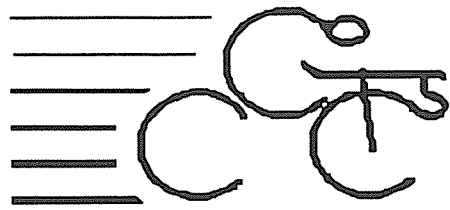
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NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 2

February 1993

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

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 of your dues will appear on your address label.

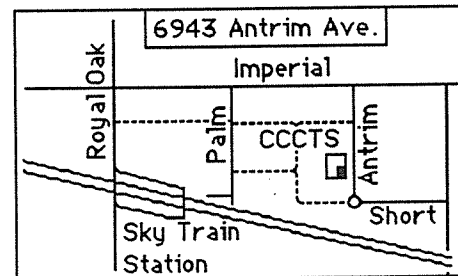
Items for the Newsbrief should be in the hands of the editor by the next directors' meeting, March 1.

President	Fax: 538-0195
John Peck	538-0195
Vice-President	
Noreen Redford	592-1865
Treasurer	
Bob Douglas	435-3893
Recording Secretaries	Fax: 655-3113
Art & Brenda Borron	652-5990
Newsbrief Editor	
John Philip	531-0260
Membership Secretaries	
Rowan Ley	731-6478
John Jones	538-6172
Equipment Managers	
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Chuck Dick	261-5092
Social Conveners	
Georgette Courchesne	940-0010
Lynn Dick	261-5092
Vancouver Island Representative	
Dennis Parsons	383-4479
Office Managers	
Roy Towler	594-7121
Ted Stubbs	321-2784

PRESIDENT'S CORNER - John Peck

We are now in our new office. The address and the new telephone number is shown above. Antrim Avenue is two blocks east of the Royal Oak Skytrain Station. To reach the office, going east on Imperial,

take the second right after Royal Oak Avenue. Our office is on the ground floor, the first on the left at 6943 Antrim. The other occupant of the building is Willow Design.



We aim to have someone in the office for a few hours each weekday morning.

We moved everything from Sports BC on Friday 28th with the help of John Philip, Ted Stubbs and Andre Kaufmann. On Saturday 29th the equipment was moved with the help of Ian Polley, Leo Comeau and Bob Douglas, assisted by his son. The steel shelving had to be rebuilt.

Thanks to the efforts of these members we now have our office and equipment storage all at one place. You may not have been able to reach us by telephone over the January 30 weekend.

Did you know that there is a croquet set in storage? Perhaps some club historian can tell us when this was last used. It is amazing what is still in storage and is forgotten.

The Hawaii tour was enjoyed by all. We had warm weather, insignificant rain, and no serious injuries. We suffered two earthquakes while at Volcano Village. Although there was a fatal helicopter accident the same day while tourists viewed lava flowing into the sea, the intrepid Mel and Betty Kerr were undeterred. They flew to see it too. It was pleasant to be away from Vancouver in January, enjoying the warm sunshine and the bright colours of a tropical climate. Don't miss it for next year. Sign up before the quota is filled.

SEMI-ANNUAL GENERAL MEETING

The SAGM and Spring Social will be held at the Long House of the South Delta Recreation Centre, 1720 56th Street, Tsawwassen starting at 11 am on Wednesday, April 21. More details next month.

At the SAGM the following resolution will be proposed:

Resolved that the annual dues be increased to \$25. single and \$35. family as of November 1, 1993.

SOCIETY NAME CHANGE?

I would get very emotional over changing the club name after ten years. It would be like changing my religion.

Anyone inquiring need only be informed that it means that several people travelled that distance initially. Also that many more have repeated the endeavour several times. -Anne Ives.

Regarding the name change:

Because some American could not understand the abbreviation of Society should not constitute the changing of the name.

I will make new signs:

CROSS CANADA CYCLE TOUR SOCIETY
WE TOUR THE WORLD

The society started with the cross Canada trip and has, for a cycle club, done very well. Where else can you meet "new old friends".

My vote is keep the name as is.

-Monty Maundrell.

Please act as my proxy for change of name to Canadian Seniors Cycle Touring. I feel that the words Canadian and Senior are helpful when approaching campsites when setting up a tour.

-Ken Hanna.

My vote goes to continue the same name.

-Roy Cooke.

I read your comment that a change in the Society's name is appropriate because of some confusion on tours among the locals. I wish to make an observation or two. It's true our founder was not far seeing in his choice of names. He merely described our immediate venture with no thought for future tours. After our first tour and we went to Australia a suggestion was made then for a change. The great majority felt that "Cross Canada" could be broadened in meaning to include "All Canada" or "Canada Wide". Fortunately, the suggestions for change suffered an early death and the matter was dropped. Incidentally, our founder started on his own to add "Seniors" to our name and was promptly told to

stop. We all objected to this geriatric denotation and besides the club is open to all regardless of age so why this exclusive suggestion in our name. So we have remained content with our name to date.

However, in 1987, a proposal to change our name reared its ugly head again. A disgruntled member (now ex-member) proposed we change our name to "The Seniors Cycling Club" - a horrible name. Fortunately again, his motion received little discussion and a speedy defeat.

The problem is there is no ideal name for our club. Our members could offer two or three dozen alternatives and not one would satisfy all. It would be like the parents of twelve children and a puppy is brought home and the children are asked to name it. There would be twelve suggestions and the name chosen would be hated by the other eleven. It would be a wise parent who brought the puppy home and introduced him to the family already named. The name would be accepted by all.

And it is the same with us. Our name, imperfect as it may be, is accepted. It has served us well. It has stood the test of time - ten years. It is known and respected across Canada. It is blazoned on our jerseys and incorporated in our logo and describes how we came into being. Please spare us, John, any further aggravation with tampering with a perfectly good name. The bother and furor it would cause would not be worth it. -Marten McCready.

THE CONSTITUTION OF OUR SOCIETY

1. The name of the Society is "The Cross Canada Cycle Tour Society."

2. The purposes of the Society are:

(a) As a non-profit organization to undertake, foster, sponsor and promote programs for the benefit of senior citizens.

(b) To promote, encourage, assist and support recreational, cultural, educational, artistic, charitable, sporting and community endeavours of the Cross Canada Cycle Tour as an ongoing entity.

(c) To develop understanding and support within voluntary organizations, the community at large, governmental agencies and government for the needs of and services required for senior citizens.

(d) To provide recreational, educational and athletic facilities and equipment for the use and benefit of the members of the Cross Canada Cycle Tour.

(e) To do everything incidental and necessary to promote and attain the foregoing purposes throughout the Province of British Columbia.

3. The operations of the Society are to be chiefly carried out in the City of Vancouver, British Columbia with occasional liaison inter-provincially and Canada-wide for the purposes of the Cross Canada Cycle Tour Society.

4. The Society shall not carry on business, trade industry or profession for profit or gain, except as incident to the purposes of the Society, nor shall it distribute any gain, profit or dividend to its members. Neither shall part of the capital, assets or earning of the Society, except valid expenses and salaries be paid or accrued to the benefit of any of its members. This provision shall be unalterable.

5. In the event of the winding up or dissolution of the Society, funds and assets of the Society remaining after the satisfaction of its debts and liabilities shall be given or transferred to such Charitable Organizations selected by the Directors. This provision shall be unalterable.

Editor's Note: This Constitution is taken from our Society's Certificate of Incorporation. Its publication in the Newsbrief was suggested by Leo Comeau.

WAIVER

In consideration of acceptance of membership and of the right to participate in tours, rides, social and other activities organized by the Cross Canada Cycle Tour Society, and by signing this waiver, I forever waive any and all claims for myself and my heirs against the Society, its directors, and members for any injury, harm, loss, damage or inconvenience suffered as a result of directly or indirectly participating in the Society's activities, even if such losses or injuries are solely or partially due to negligence of the Society, its directors, or members.

I acknowledge that there are risks in bicycling; that I voluntarily assume such risks; and that the Society encourages responsible riding habits, the use of a helmet when riding, and the adherence to the rules of the road as set out under the statutes of the applicable territory.

I further state that I will participate only in the Society's activities that I know are within my physical capabilities, and that my bicycle will be maintained in a safe operating condition.

I/We acknowledge that I/We have read and fully understand this waiver, and that I am/We are freely and voluntarily signing it.

Editor's Note: This is our new waiver which was approved by the Directors at a recent meeting. It must be signed by all new members, and also by all tour participants.

TRAVEL THOUGHTS - Bob Helms

When we arrived in B.C. in 1953 from England we brought our four-speed BSA bikes with us, and for the first two years I was riding mine to work to various construction jobs around Vancouver. I still remember this kid standing beside the road one day when I was going home from work saying to me

"grown men do not ride bicycles". Peggy on the other hand took one trip with me from Burnaby to Whalley, and decided that she did not want to cycle anymore because the roads were too narrow and unsafe. In 1987 she took up bicycling again, never mentioned a word about safety, and she died on the road while cycling.

Things have changed slowly since then, but if you want to go across Canada today, it would be difficult to find anything more compatible with the pocket-book and the environment than pedalling a bicycle.

In my case I feel that I am too old to camp out in the rain, also my time seems to be getting very valuable as I get older, and I could not possibly be away from home for almost a whole summer. I have roots here, and I need to know what is happening at home. Fortunately we are all different that way.

Somehow I do not have the same urge to travel and see everything in the world that I used to have. When Richard Lebek and I went to South America everything was running smoothly until I happened to eat something that did not agree with me while we were in Equador, and I became sick. This got me thinking while lying in the hotel room waiting for the doctor. What was I doing in this place, when I could just as well die at home? Fortunately Richard did not mind continuing by himself, and I made a deal with the airline to get me back to Canada. That was two years ago and I have been hanging around close to home ever since.

For those who like the outdoors, we live in an ideal spot in one of the best countries in the world. Where else could we find so many places for hiking within easy reach of a city. But nothing is perfect of course, and I have a couple of beefs with those people that some of us worked so hard to get elected to govern our province. Firstly, B.C. is an unsafe place to commute to work by bicycle, and the few that do will be risking their lives for a long time yet, because Victoria is too slow legislating and allocating money to make our roads safe, and most municipal councils have so far found it convenient to ignore us as well. Secondly, in 1992 I found it necessary to spend the money, that I could have used for a trip to Denmark, to help those instead that want to protect some of our old growth forest for future generations.

SOGGY BATH MATS - Mel Kerr

I hate soggy bath mats. 99% of people must like soggy bath mats because 99% of people make bath mats soggy.

Please dear cyclists hear my plea, please dry yourself in the shower and step out on the bath mat with dry feet so that the one percent of cyclists, the Soggy Bath Mat Haters can step out onto a nice warm dry bath mat.

TRIP TO INDIA

Leave Vancouver March 10th and arrive back in Vancouver on April 7th. A possible vacancy may occur for one person on this trip. If interested contact Brian Curtis phone 479-6992.

UPCOMING CYCLING EVENTS

The Editor would be glad to hear about upcoming cycling events in British Columbia and Washington, which would be of interest to our members, for inclusion in the Newsbrief.

CLUB CREST

As shown at the AGM we have a crest with our logo, club name and a Canadian flag.

More will be ordered at the end of February for those who want to buy one. If interested please send your cheque for \$14. to Theresa Keet, 12726 Southridge Drive, Surrey, V3X 3C6. Ph. 596-1953.

IN HONOUR OF SENIORS

It is no honour being young, for all have been young; but the glory is to be able to pile up the years and grow old gracefully.

Editor's Note: Found in a book of quotations, and submitted by Kathy Wilkinson.

ANOTHER ONE FROM JOSIE

Question: What do we call a nursing mother on a bicycle?

Answer: Meals-on-wheels.

1993 TOURS

Payment for all tours should be made out to the CCCTS and 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. Participants must sign a waiver and agree to the financial rules.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Members are reminded that they should be in proper physical condition to undertake a tour and that their bicycles must be properly maintained.

Hawaii - completed.

Utah's Canyon Country March 21- April 6.

John Philip 531-0260.

This 650 mile, 16 day circuit around the canyon country in southeastern Utah will be a loaded camping trip with a flexible itinerary and without a support vehicle.

We have changed the dates to avoid the Easter Weekend congestion in Moab. A pre-trip meeting has been arranged, and the trip itinerary and bulletin will be mailed out to participants.

Itinerary: Moab - Arches National Park - Green River - Hanksville - Capitol Reef National Park - Hite Marina - Natural Bridges - Mexican Hat - Monument Valley - Bluff - Monticello - Canyonlands National Park - Moab.

Participants: (12) John Philip, Theresa Green, John Peck, Ted & Pat Stubbs, Raynel Merness, Chuck & Lynn Dick, Bill Hook, Ray Berg, George Setterfield, Roslyn Grey.

Arizona April 18 - May 1.

Bruce Hudson (602) 895-5871.

Phoenix to Grand Canyon and return. Distance is approx. 500 miles (800 km) Elevation change approx. 5800 ft (1770 metres). This will be a motel tour with support vehicle.

Itinerary: Phoenix - Sun City - Wickenburg - Prescott - Ash Fork - Williams - Grand Canyon (for a two-day visit) - Cameron - Gray Mountain - Flagstaff - Oak Creek Canyon - Sedona - Camp Verde - Payson - Apache Junction - Phoenix.

This will be a strenuous ride and only experienced cyclists should attempt it. Participants will be getting more precise information later.

Cost \$600 plus transportation. Limited to 20 participants. Full amount of tour cost should be sent to the office by February 28.

Leo Comeau is not going on the trip, but can be contacted at 465-7116 for information.

Participants: (9) Bruce Hudson, Ken Brothers, Albert & Noreen Redford, Brian Curtis, Sonja Joos, Barbara Hetzer, Audrey Hayes, Theresa Green.

California Wine Country May 4 - 23.

Ted Stubbs 321-2784.

Sixteen cycling days and three rest days, 1156km (725 miles), cost about \$550. A \$100 deposit was required by January 31.

Cloverdale CA (May 5), Guerneville 37 km, Santa Rosa 38, Petaluma+ 68, Napa 53, Calistoga 56, Lake Berryessa 71, West Sacramento+ 72, Williams 92, Red Bluff 119, Platina 79, Dinsmore 85, Stafford 78, Richardson Grove+ 79, MacKerrichner 88, Hedy Woods 71, Cloverdale (May 23) 70.

Participants: (16) Ted & Pat Stubbs, Jim & Shirley Mae Jeffrey, John Peck, Eva Folk, Keith Clothier,

Anne-Marie Labourdette, Ian Polley, Bob Stevens, Dorothy Kennedy, Mike Kelly, Sylvia Mather, Raynel Merness, Roy Towler, Sam Bigelow.

Go for the Gold - Cancelled

Gabriola Island May 18 - 20.

Dennis Parsons 383-4479

\$39 sent to office confirms acceptance (\$5 is non-refundable if you cancel). Limit 22 participants.

Participants: (2) Dennis Parsons, Alyce McKay.

Holland - Italy Approx. dates May 30 - June 29.

Josie Curtis 589-2089.

The 17-day cycle/camping tour information for Tuscany, Italy has been received and we are now programming the 10 or 11 day cycling tour in Holland preceding the Italy tour.

In Holland we will stay mostly in Youth Hostels for B & B plus dinner. A support vehicle will be rented. OAD/Cycletours will pick us up in Holland and return us there by bus. A letter will shortly go out with details to participants. A few more interested cyclists may still join us if they let us know **immediately**, and send the first deposit of \$150. Phone Josie please.

The next payments are due as follows: on or before February 28 - \$900; on or before March 31 - \$650.

Air travel cost Vancouver to Amsterdam and return will be settled individually with the travel agent who will contact participants.

Interested: (7) Dan & Jerry Baris, Josie Curtis, Carl & Joyce Dukeshire, Mario Lovricic, Keith Bower.

Bay View Three days in late May or early June.

Anne-Marie Labourette 521-0518 or 464-1169.

A loaded camping trip without a support vehicle.

Participants: (8) Chuck & Lynn Dick, Bob Douglas, John Philip, Dorothy Philip, Anne-Marie Labourdette, Roy Towler, Dan Kennedy.

Cross Canada June 1 - August 31.

Dennis Parsons 383-4479.

Estimated cost \$1875, \$50 deposit required.

Participants: (36) Jim Beattie, Bryson Braziel, Norman Carlson, Ian Cassie, Renato Colbachini, Georgette Courchesne, Geoff & Alfreda Goodship, Roy Cushway, Joan Engman, John Hiza, Mathilde Klassen, Marthe Lambert, Margeria Lemieux, Wendy Pearson, Bobbie Redmond, Wilma Smith, Gerry Sutherland, Eila Taylor, Tom Tuma, Faye Wilson, Rae Wohlschlegel, Marie Hackinen, Bob Jordan, Katie Bateson, Margot Sarich, Al Westnedge, Gordon Graham, Donna Nicholas, Leila Montgomery, James Wolff, Vernon Patterson, Horst Hees, Ben Kihlman, Peter Cordoni, Earl Wilkins.

BC 93 June 29 - July 29.

Al & Diana Lifton 468-5696.

This BC tour will include a number of mountain passes as we cycle from the Coast to the Rockies and back again. The daily distance has, therefore, been kept low, averaging 71 km per day (the longest distances, two 100-km days). Starting in Horseshoe Bay, the tour will go via Squamish, Whistler, and Pemberton, to Lillooet; then through Cache Creek to Kamloops and north on Hwy. 5 through Clearwater, Blue River, and Valemount to Mount Robson Park and Jasper; then south along the Icefield Parkway to Lake Louise. Heading home, we'll take Hwy. 1 through Golden and Revelstoke to Sicamous; then south on Hwy. 97A to Vernon and on to Kelowna and West Bank, over the Okanagan Connector to Merritt and then the Coquihalla to Hope, finishing up in the usual way along the north side of the Fraser River to the Lower Mainland.

Total distance-1910 km; cycling days-27; rest days-4. Cost of tour: \$600. Deposit: \$100. required by April 1. Balance: \$500. by May 1.

Participants: (30) Roy Towler, Brian Curtis, John Peck, Martine Donahue, Elsie Dean, Bob Forsberg, Ray Berg, George Setterfield, Anne-Marie Labourdette, Nick Roos, Joan Enman, Art Borron, Brenda Borron, Judy Jackson, Dan Kennedy, Ken Brothers, Bob Douglas, Marten McCready, Jack Hermiston, Emidia Lepore, Marshall Butcher, Monty Maundrell, Al Lifton, Diana Lifton, Eva Folk, Garfield Clack, Rick Jenks, Jim Erickson, Nan Earl, Joan Herbert.

Haida Gwaii (Queen Charlotte Islands)

August 10 - September 2.

Elsie Dean 294-5834.

Nanaimo to Port Hardy, 5 days. Port Hardy to Prince Rupert, 18 hours by ferry through the inside passage. Prince Rupert by ferry to Skidegate, 6 hours. On Q.C.I cycle north to Tlell, Port Clements, Masset, and Tow Hill-Rose Point. Return through Port Clements to Juskatla and Rennel Sound on the west coast, then to Queen Charlotte City and over to Sandspit. Tour the roads on Gwaii Hanaas (Moresby) - a circle route. At Moresby Landing take a boat charter to visit the villages of Skedans, Hot Spring Island, and if good weather to Ninstints.

Costs: (1993 fares not yet available, but count on an increase of 5% or more). Boat one way Port Hardy \$85. Senior (65 and over) \$53.55. Bicycle \$6.50. Prince Rupert to Skidegate (group fare for 15 or more) \$13.94. Senior \$12.92. bicycle \$6. \$300. per person per day has been quoted for a boat cruise, but we hope to get a better rate.

Participants: (24) Elsie Dean, John Peck, Victor DePaul, Keith Clothier, Olive Balabanov, Theresa Keet, Dorothy Kennedy, Theresa Green, Wendell Green, Peter Kabel, Chris Kabel, Monty Maundrell.

Ron France, Roy Cushway, Midge Carlson, Bernice Moore, Neil Dobson, Katryn Jeronimus, Felice Bennekow, Irene Fleming, John Cameron, Lee Kraft, Anna Wiskerke, Cornelius Wiskerke.

\$50. deposit required which will be returned if not enough interest. Maximum number of cyclists - 25.

Strait Circle September 13 - 23.

Dennis Parsons 383-4479.

Itinerary: Vancouver, Victoria, Duncan, Nanaimo, Qualicum, Comox, Powell River, Vancouver, Bellingham, Port Townsend, Port Angeles, Victoria, Home.

Average distance 50 km/day, fully loaded, sharing motels. Cost is \$550. with \$20. non-refundable deposit by March 30.

New England September 7 - October 8.

Ken Hanna (613)741-7968, John Philip 531-0260.

A camping trip with a support vehicle starting and finishing in Ottawa, and going through New York State, Vermont, New Hampshire, northern Massachusetts, and Maine.

The cost of the tour will be in the \$600. to \$700. range. The travel cost to Ottawa and return will be extra. Ken Hanna will be travelling around the circuit by vehicle as soon as travel conditions are suitable. After that we will be able to give you a firm cost.

As requested in the December Newsbrief a \$10 non-refundable deposit from participants and also from those on the waiting list was due by January 1. The names listed below have been revised to reflect the response.

Participants (Deposit paid): (25) Chuck & Lynn Dick, Ken Grieve, Ken Hanna, Joan Hutchison, Ray Merness, John Peck, John & Dorothy Philip, Roy Towler, Faye Wilson, Marion Orser, Sam Bigelow, Brian Curtis, Vic DePaul, Ken & Lee Kraft, Tage & Grethe Winckler, Doc Watson, Shirley Fisher, Dorothy Kennedy, Bruce Ross, Anker & Elizabeth Gram.

Driver: Ian Polley.

Waiting List (Deposit paid): (12) Catherine Mick, Jim & Shirley Mae Jeffrey, Margaret Fyfe, Roy Barrows, Mo Aller, Josie Zewiec, James & Yolanda Medves, Martine Donahue, Victoria Bernhardt, John Jones,

Waiting List (Deposit not paid): (6) Maurice Leduc, Theresa Keet, Roland Anderson, Ray Berg, Josie Curtis, Joan Herbert.

Florida November 2 to 24 (Approximate dates).

Lee Kraft (206) 371-2257.

This will be a motel-restaurant cycling trek starting at Pensacola, going across to Jacksonville, and then to Fort Myers. Continuing on #41 to Everglades and to the Keys. Returning to and flying out of Miami. There will be a one-day boat trip from the Keys.

1994 TOURS

Hawaii (The Big island) 1994 January

John Peck 538-0195.

Again a 14 day unsupported circular tour.

Participants: (4) John Peck, Mathilde Klassen, Anne-Marie Labourdette, Mike Kelly.

Russia

Cancelled for 1994. See January Newsbrief.

Cross America 1994

Marion Orser 737-8483.

Participants: (10) Richard Lebek, Chuck & Lynn Dick, Theresa Green, Mario Lovricic, Raynel Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue.

Oregon Trail 1994.

Ted Stubbs 321-2784.

Two weeks in September or October.

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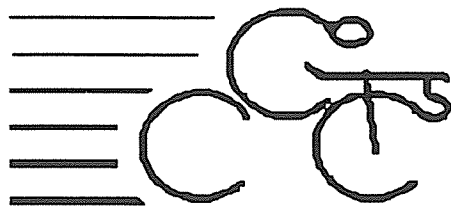
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NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 3

March 1993

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

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Ted Stubbs	321-2784

PRESIDENT'S CORNER - John Peck

Did you hear the complaint: "I was at the club office today but nobody was there"? Well, of course we have no paid secretary to run the office, so we have to depend on volunteers who donate their time.

Someone tries to be there each weekday morning for a couple of hours. At the moment the roster is: Monday - Roy Towler, Tuesday - John Peck, Wednesday - Ken Grieve, Thursday - Rowan Ley or John Jones, Friday - John Philip. We should be grateful to these volunteers. One of their frustrations is to receive empty messages on the telephone answering machine, so when you call the office, please at least say something into that machine.

Why are we raising the dues. Well, we have three hundred members and we pay about \$300 per month in rent, so \$12 per member goes to rent. Then there is the mailing of the Newsbrief which at 12x43 + GST is \$5.50. So we are up to \$17.50 per member. Out of \$20, this leaves only \$2.50 per member for all the other expenses. Bob Douglas estimates that it costs us about \$30 per member to run the Society, but we take in less than \$20, because couples pay only \$15 each. Clearly this situation cannot continue, so don't forget our Spring General Meeting on April 21, when the subject of increased dues will be discussed.

It is good to see a lively discussion, in the Newsbrief, about a change of name. It is a pity that the many who are in favour of a change remain silent. Unless they speak up soon, it looks as though it will be a dead issue. I am still convinced that a change of name is needed.

With the coming of Spring our thoughts turn to comfortable days on the road. We hope there will be many of them this year.

SEMI-ANNUAL GENERAL MEETING

The SAGM and Spring Social will be held at the Long House of the South Delta Recreation Centre, 1720 - 56th Street, Tsawwassen starting at 11 am on Wednesday, April 21. Lunch will cost \$3.00, and please remember to bring your own coffee mug.

At the SAGM the following resolution will be proposed:

Resolved that the annual dues be increased to \$25. single and \$35. family as of November 1, 1993.

1991/92 FINANCIAL RETURN

- Bob Douglas

BALANCE SHEET AT OCTOBER 31, 1992

ASSETS

Bank, term deposits and savings bonds	\$52,299
Office equipment	8,081
Other	6,860
Accrued interest	1,686
Accounts receivable	801
Miscellaneous assets	<u>863</u>
	\$70,590

LIABILITIES

Trip funds	\$14,898
Prepaid memberships	2,623
Other prepayments	1,551
Accounts payable	<u>147</u>
	\$19,219
Fund balances	<u>51,371</u>
	\$70,590

OPERATIONS - Nov. 1, 1991 to Oct. 31, 1992

REVENUE

Memberships	\$ 4,888
Interest	2,781
Sales	2,243
Contributions and donations	603
Miscellaneous	<u>79</u>
	\$10,594

EXPENDITURE

Rents	\$ 3,625
Items for resale	1,828
Printing and copying	1,170
Telephone	1,148
Postage	809
Annual meeting	289
Utensils and tools	231
Loss on disposals	223
Travel	212
Other accounts totalling	<u>497</u>
	\$10,032

SOCIETY NAME CHANGE?

I would like to express my opinion on a possible change in our masthead.

As long as a Cross Canada Tour remains on our agenda, the present name states clearly what we are all about. I personally, although I have never taken part in a Cross Canada Tour, feel a measure of pride in rubbing shoulders with those who have.

I'm totally against a designation of seniors in our name. This is a form of reverse discrimination, unfair to several of our members who are certainly not seniors, and it becomes difficult to define with people retiring at an early age.

The fact that our name excites questions and discussion while on tour, is to me, a pleasant stop in the day, and allows me to spread the gospel that cycling is a healthy pursuit, particularly as a member of the C.C.C.T.S.

- Ray Merness.

Why change our name?

I fully concur with the expressions of those who opposed the change of name in the February Newsbrief.

Although I have no objections to being called a Senior Cyclist, because that is what we are, and I would like to thank our president, John Peck, for having the courage to bring this out in the open.

But let's keep our name, it has served us well for thousands of kilometres and many other functions.

- Leo Comeau.

Regarding the Society's name. I like it. It describes the reason the Society was formed. It brings recognition in many areas of the continent as the first trip had extensive media coverage in Canada and the U.S. Changing an established name causes confusion and delay in recognition.

We all joined under this name. With a ten-year history of our name, why start over to garner recognition?

- Joan Manuel.

1993 HAWAII TOUR - Dennis Parsons

I knew that the Hawaii '93 trip would be the best I'd taken even before I stepped on the plane.

I had a charming companion next to me. Yes, its true Virginia, and at Honolulu the plane change went smoothly. At Hilo, there at the bottom of the escalator was John Peck with his secretaries to greet us. Then on to the hotel with its cooling green plants in the quadrangle surrounding a large swimming pool. Shared my room on the ground floor with Ken Grieve. Poor Ken. He said I didn't snore very much. Who am I to argue?

A day to explore Hilo. An unspoiled town with heritage buildings which haven't been gussied up to look better. Watched a slim Norwegian climb barefoot up a palm tree, and lop coconuts. Got bitten by mosquitos. Hey, its winter you say. Bought lots of Elvis Presley stamps at the impressive post office.

Off to our first cycling destination. Took a scenic route for a few kilometres. Birds singing, dark green foliage, flowers in profusion, and under the bridges water tinkling and murmuring. Cool.

Halfway to Honokaa met Rowan Ley with no pump. Had lent it. Wanted to visit Akaka Falls. Needed company or my pump. Off we went. One thousand feet in three miles. Tough. Hid my panniers in a sugar cane field.

The falls are a long vertical white strip, but the park to walk through rivals any Butcherts or Queen Elizabeth, and is all natural.

Rowan later had a flat, so my pump is fast getting second hand.

Arrived at turnoff to Honokaa as dark descended, three miles to go and now pitch black - no shoulder, no traffic, and no certainty its the right road. Fell off my bike. Started to rain. Found the hotel. Staggered into the dining room to see our gang having a great time. Wet, muddied and bloodied I collapsed into a chair and ordered something nicer than water. This hotel a little different from the last one. In the bathroom the handle fell off the water tap.

Joan and I took the road that the police warned was too rough. We didn't care - we walked most of it. Ate guavas off the side of the road, and picked oranges, saw fighting cocks tied to their individual peaked shelters out in the fields. Fetch as much as \$150 each, and cock fighting is illegal.

Sat under a hedge out of the wind to eat lunch of cheeses and bananas. Joined the main road and we were blown into Waimea. Luxury hotel - the toilets are silent, don't even gurgle when flushed.

Two rest days. Everybody but three of us rush north to see statue of King Kamehameha whom they hadn't heard of the day before yesterday. I visit a bike shop instead. Allowed to ride a \$5,000 bike, fully sprung with disc brakes. Am told the best part of the northern trip is just outside Waimea. Feel so obliged for the kindness shown that I buy a flashlight that attaches to my helmet. Think of riding at night, seeing something to the right, train my head on it and scrunch into a parked car.

The intrepids return with differing stories about their trips. Ken Grieve hears or interprets the stories differently from me. I ride up the hill next day and take pictures of the valley, then return to write scads of postcards and lick Elvis Presley stamps. Ken comes back at 6 pm to announce that the bike ride to Hawi must have been the worst he'd made yet.

Looking for something different from the usual palm frond and fish tank restaurant, we find a place almost alongside the hotel called Baker's Depot. The bread is real and the food delicious, and to add the touch of the fine dining places the waitress screws pepper on to our meal with one of those long shakers. No liquor licence but bring in your own

beer from the store across the road and the glass will be supplied.

Its south to Kona. After 25 miles we can look back and see Waimea, a little patch on a grassy hill. Everything seems to have been uphill so far, and this stretch is slightly smoother, but 4 miles from Kona it suddenly becomes straight downhill and I have to brake to avoid overtaking the cars.

(To be continued).

RECEIPTS FOR INCOME TAX

- Bob Douglas.

A member suggested that I should explain the recently issued "official receipts for income tax purposes." Well, the Society has charitable status for tax purposes which involves some responsibilities, but also allows issue of the above receipts for donations received, and for membership fees provided those fees only entitle the member to be informed of Society activities and to vote at meetings.

The receipts may be used to claim a donation on line 340 of the Canadian tax return, also they may be transferred between spouses. It is usually best for the spouse with the higher taxable income to use the receipt.

THANK YOU ALL - Katryn Jeronimus.

Having been warned many times, I have known for a long time that cycling can be a dangerous "sport". On January 29th that fact was brought home to me.

I went for a short bike ride to Point Roberts and was hit by a car, head-on, while cycling in my lane. The driver of the car that hit me was in the process of passing another car and later insisted that he didn't see me (never knew I was that small).

The experience is not something I would ever want to repeat - I bounced off the grill, onto the windshield, through the air and landed head first in a ditch full of water, which I am aware saved my life! Because of two broken arms I couldn't crawl out on my own and nearly drowned. After help arrived I was taken to Bellingham Hospital by helicopter and the next day I was transferred to Delta Hospital. I realize how lucky I am to be alive. I had operations on both arms and they are now in casts, most of the bruising has healed, and after two weeks in hospital I was sent home to recuperate as best as I can. I am trying, and believe me, being trussed up like this I cannot get into a lot of trouble! Husband Carl is now the chief cook and bottle washer, doing his job admirably, and so many of my friends are helping out in many different ways (the things they have to do for me).

To all of you who came to visit me in hospital and at home, I want to express my deepest gratitude - it is good to know one has so many good friends. But don't forget, I can hardly wait to get back onto one of my remaining bikes, and until then, please keep in touch. Love to all. - Katryn.

HIGHWAY 99 - Bob Douglas

In December, on the strength of a Bicycling Association of B.C. article, we advised that it was now legal to cycle on highway 99 from the border to highway 10. We have received clarification from Mr. H. Kooyman, who was ticketed, that the legal parts are from the border to 8th Avenue, and from the King George intersection to highway 10.

He understands that the section from 8th Avenue to the King George intersection will not be open to bicycles until the shoulders are improved, possibly some time this summer.

CHARITY BIKES RIDES

Skagit Foundation's Tulip Ride

April 18, 1993 - 9:00 AM TO 2:00 PM.

Start at Rexville Grange, Mt. Vernon. \$5 or \$6 on ride day. Benefits a local charity. Contact (206) 428-8547 or Tulip Pedal, P.O. Box 561, Mt. Vernon, WA 98273.

Apple Century or Half-Century

June 5, 1993 - 8:00 AM.

Start at Riverfront Park, Wenatchee, \$20 or \$25 on ride day includes a T-shirt. Benefits Wenatchee Rotary. Contact (509) 662-9544 or W. Century Ride, P.O. Box 1433, Wenatchee, WA 98807.

MARITIMES CYCLING TRIP

Gail Arrison of the Richmond Bicycle Club is planning a two-week cycling tour in the Maritimes. The tentative itinerary is as follows:

Arrive in Charlottetown, P.E.I. on June 18 or 19, and spend approximately six days on the Island. From there catch the Wood Island ferry to the mainland, and cycle Cape Breton (the Cabot Trail). Then cycle to Sydney, N.S., and fly home on July 3 or 4.

This is about 1000 km. If desired, extensions to the tour could be made by catching a ferry to Newfoundland or by cycling south to Halifax.

Presently there are interested cyclists from both the Richmond Bicycle Club and Vancouver Bicycle Club.

For more information please call Gail at 272-4151.

THULE BICYCLE ROOF RACK

For sale: A three-bar bicycle roof rack in excellent condition. \$300 or best offer. Phone Jackie Derban at 531-8158 for more details.

1993 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark you cheque with the name of the tour. Members are reminded that only those tours listed below are Society tours. Participants must sign a waiver and agree to the financial rules.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Members are reminded that they should be in proper physical condition to undertake a tour and that their bicycles must be properly maintained.

Hawaii - completed.

Utah's Canyon Country March 21- April 6.

John Philip 531-0260.

Participants: (11) John Philip, Theresa Green, John Peck, Ted & Pat Stubbs, Raynel Merness, Chuck & Lynn Dick, Ray Berg, George Setterfield, Ian Cassie.

Arizona - cancelled.

California Wine Country May 4 - 23.

Ted Stubbs 321-2784.

Sixteen cycling days and three rest days, 1156km (725 miles), cost about \$550. A \$100 deposit was required by January 31.

See February Newsbrief for tour route description.

Participants: (17) Ted & Pat Stubbs, Jim & Shirley Mae Jeffrey, John Peck, Eva Folk, Keith Clothier, Ian Polley, Bob Stevens, Dorothy Kennedy, Raynel Merness, Roy Towler, Sam Bigelow, Ron France, Bob Douglas, Audrey Hayes, Shirley Fisher.

Go for the Gold - cancelled.

Gabriola Island May 18 - 20.

Dennis Parsons 383-4479

\$39 sent to office confirms acceptance (\$5 is non-refundable if you cancel). Limit 22 participants.

Participants: (7) Dennis Parsons, Alyce McKay, Connie Shaw, Bruce Ross, Rae Wohlschlegel, Bruce Hudson, Bert Davies.

Holland - Italy May 30 - July 1.

Josie Curtis 589-2089.

Our return flight with KLM has been confirmed and booked.

In Holland we will stay in Youth Hostels except where indicated differently in the following itinerary: Arrival June 1 in Rotterdam, stay 2 nights; Ouddorp (log cabins); Bruinisse; Chaam; Valkenswaard; Maastricht; Bergen/Well; Nijmegen (2 nights) private lodging); total distance about 500 km. June 11: by bus with OAD/ Cycletours to Italy. June 27: return to Holland and stay 4 nights in Utrecht in private lodging from where we make day trips through central Holland. July 1: to Amsterdam airport and return to Canada. Several overnight bookings have been confirmed so far.

A \$900 payment was due February 28; on or before March 31 \$650 is due.

Participants: (7) Dan & Jerry Baris, Josie Curtis, Carl & Joyce Dukeshire, Mario Lovricic, Keith Bower.

Bay View Three days in late May or early June.

Anne-Marie Labourette 521-0518 or 464-1169.

A loaded camping trip without a support vehicle.

Participants: (9) Chuck & Lynn Dick, Bob Douglas, John Philip, Dorothy Philip, Anne-Marie Labourdette, Roy Towler, Dan Kennedy, Bill Hook.

Cross Canada June 1 - August 31.

Dennis Parsons 383-4479.

Estimated cost \$1875, \$50 deposit required.

Participants: (33) Jim Beattie, Bryson Braziel, Ian Cassie, Renato Colbachini, Georgette Courchesne, Roy Cushway, Joan Engman, John Hiza, Mathilde Klassen, Marthe Lambert, Margeria Lemieux, Bobbie Redmond, Wilma Smith, Gerry Sutherland, Tom Tuma, Faye Wilson, Rae Wohlschlegel, Marie Hackinen, Bob Jordan, Katie Bateson, Margot Sarich, Al Westnedge, Gordon Graham, Donna Nicholas, Leila Montgomery, James Wolff, Vernon Patterson, Horst Hees, Ben Kihlman, Peter Cordoni, Earl Wilkins, Barton Howes, Frances MacKinnon.

BC 93 June 29 - July 29.

Al & Diana Lifton 468-5696.

See February Newsbrief for tour route description.

Total distance - 1910 km; cycling days - 27; rest days - 4. Cost of tour: \$600. Deposit: \$100 required by April 1. Balance: \$500 by May 1.

Participants: (32) Roy Towler, Brian Curtis, John Peck, Martine Donahue, Elsie Dean, Bob Forsberg, Ray Berg, George Setterfield, Anne-Marie Labourdette, Nick Roos, Joan Enman, Art Borron,

Brenda Borron, Judy Jackson, Dan Kennedy, Ken Brothers, Bob Douglas, Marten McCready, Jack Hermiston, Emidia Lepore, Marshall Butcher, Monty Maundrell, Al Lifton, Diana Lifton, Eva Folk, Garfield Clack, Rick Jenks, Jim Erickson, Nan Earl, Joan Herbert, Emily Ames, Dennis Parsons.

Haida Gwaii (Queen Charlotte Islands)

August 10 - September 2.

Elsie Dean 294-5834.

See February Newsbrief for tour route description.

Costs: (1993 fares not yet available, but count on an increase of 5% or more). Boat one way Port Hardy \$85. Senior (65 and over) \$53.55. Bicycle \$6.50. Prince Rupert to Skidegate (group fare for 15 or more) \$13.94. Senior \$12.92, bicycle \$6. \$300 per person per day has been quoted for a boat cruise, but we hope to get a better rate.

Participants: (25) Elsie Dean, John Peck, Victor DePaul, Keith Clothier, Olive Balabanov, Theresa Keet, Dorothy Kennedy, Theresa Green, Wendell Green, Peter Kabel, Chris Kabel, Monty Maundrell, Ron France, Roy Cushway, Midge Carlson, Bernice Moore, Neil Dobson, Katryn Jeronimus, Felice Bennekow, Irene Fleming, John Cameron, Lee Kraft, Anna Wiskerke, Cornelius Wiskerke, Jack Wilcockson.

Straits Circle September 13 - 23.

Dennis Parsons 383-4479.

The itinerary now reads like this: On Sept. 13 ride to Victoria, then on subsequent days ride to Duncan, Nanaimo, Qualicum, Fanny Bay, Powell River, Madeira Park, Gibsons, Delta, Bellingham, LaConner, Port Townsend (rest day in this interesting town), Sequim, Victoria, and Vancouver on September 23.

This is a fully loaded tour but the distances are short (about 50 km average), and when you have dropped off your gear at the motel you will have lots of time to visit the surrounding areas (Hornby and Texada Islands, and Englishman River Falls for instance).

The cost of \$550 is to cover accommodation only.

New England September 7 - October 8.

Ken Hanna (613)741-7968, John Philip 531-0260.

A camping trip with a support vehicle starting and finishing in Ottawa, and going through New York State, Vermont, New Hampshire, northern Massachusetts, and Maine.

The cost of the tour will be in the \$600 to \$700 range. The travel cost to Ottawa and return will be extra. Ken Hanna will be travelling around the circuit by vehicle as soon as travel conditions are suitable. After that we will be able to give you a firm cost.

Ray Merness has volunteered to lead a second group using the same itinerary, but travelling a day

apart from the first group. However the second group will go as a fully loaded tour without a support vehicle. Before all the details of this second tour are decided we want to hear from those interested.

Please phone the office if you want to travel to and from Ottawa with the group.

Participants (\$10 deposit paid): (25) Chuck & Lynn Dick, Ken Grieve, Ken Hanna, Joan Hutchison, Ray Merness, John Peck, John & Dorothy Philip, Roy Towler, Faye Wilson, Marion Orser, Sam Bigelow, Brian Curtis, Vic DePaul, Ken & Lee Kraft, Tage & Grethe Winckler, Doc Watson, Shirley Fisher, Dorothy Kennedy, Bruce Ross, Anker & Elizabeth Gram.

Driver: Ian Polley.

Waiting List (\$10 deposit paid): (12) Catherine Mick, Jim & Shirley Mae Jeffrey, Margaret Fyfe, Roy Barrows, Mo Aller, Josie Zewiec, James & Yolanda Medves, Martine Donahue, Victoria Bernhardt, John Jones,

Waiting List (Deposit not paid): (5) Maurice Leduc, Theresa Keet, Roland Anderson, Ray Berg, Joan Herbert.

Florida November 2 to 24 (Approximate dates).

Lee Kraft (206) 371-2257.

A motel-restaurant cycling trek starting at Jacksonville (instead of Pensacola), then cycling down to St. Augustine (the oldest city in North America), Daytona Beach, across toward (not into) Tampa, and on to beautiful Anna Maria Island. Then on to Fort Myers, Naples, and through the Everglades to Key West, and finally back north to Miami.

We are checking the road conditions through the hurricane area. This is an easy ride, and so beautiful that you may fall off your bike looking as Florida is very picturesque plus very friendly. November was chosen because it isn't too hot, and its just before the arrival of the snow birds. There are many bridges connecting the highway down to Key West. The one day boat ride will give you an opportunity to enjoy the clear, clean waters of the Gulf of Mexico on one side and the Atlantic Ocean on the other side. There is a video called 'Over Florida' - try to get it from the library then you'll know almost as much as I do about Florida. Average K's per day - 60 to 75. There are miscellaneous Joe Blow type bike shops along the way, so if you have any "different" type needs get them before the trip.

A \$50 deposit is required by May 15. Maximum number of cyclists - 25.

We will be flying out of Vancouver, and returning from Miami to Vancouver. Air fare - approx. Can. \$630 (much to early to be firm). \$45 each way per bike. Motels - approx. US \$38 per person per night, plus food and miscellaneous. Boat trip - approx. US \$50 per person.

1994 TOURS

Hawaii (The Big island) 1994 January

John Peck 538-0195.

Again a 14 day unsupported circular tour.

Participants: (6) John Peck, Mathilde Klassen, Anne-Marie Labourdette, Mike Kelly, Georgette Courchesne, Roy Cushway.

Russia

Cancelled for 1994. See January Newsbrief.

Cross America 1994

Marion Orser 737-8483.

Participants: (10) Richard Lebek, Chuck & Lynn Dick, Theresa Green, Mario Lovricic, Raynel Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue.

Oregon Trail 1994.

Ted Stubbs 321-2784.

Two weeks in September or October.

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 or Bob Douglas 435-3893.

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 (not 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.

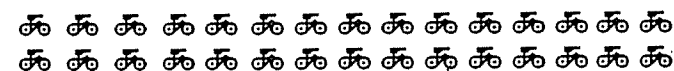
VICTORIA WEEKLY TRIPS

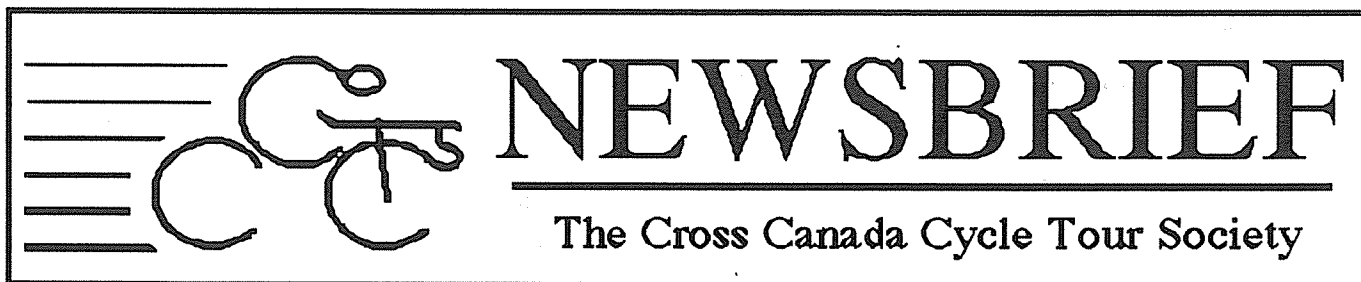
Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

CALGARY WEEKLY TRIPS

Sundays: Meet at 9:30AM at Priddis store. Contact Bob Jordan 931-3227.





VOL. 10 NO. 4

April 1993

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

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 of your dues will appear on your address label.

Items for the Newsbrief should be in the hands of the editor by the next directors' meeting, May 27.

President	Fax: 538-0195
John Peck	538-0195
Vice-President	
Noreen Redford	592-1865
Treasurer	
Bob Douglas	435-3893
Recording Secretaries	Fax: 655-3113
Art & Brenda Borron	652-5990
Newsbrief Editor	
John Philip	531-0260
Membership Secretaries	
Rowan Ley	731-6478
John Jones	538-6172
Equipment Managers	
Ian Polley	531-6955
Chuck Dick	261-5092
Social Conveners	
Georgette Courchesne	940-0010
Lynn Dick	261-5092
Vancouver Island Representative	
Dennis Parsons	383-4479
Office Managers	
Roy Towler	594-7121
Ted Stubbs	321-2784

with no opposition. Most governments would be happy if they could raise taxes that easily! Our members must have understood the need for this measure.

Ken Grieve raised the question of helmet legislation for cyclists. It is a matter that we should think about carefully.

The Directors were asked to consider the purchase of a portable shower and an instant hot water device.

After this the formal meeting was closed and the remainder of the time was taken up with descriptions of our many exciting future tours.

Georgette Courchesne, Anne-Marie Labourdette, Lynn Dick, Eva Folk and Bernice Gregory should be thanked for the hard work they did in preparing a fine lunch, and, of course, Dorothy Philip too for insisting that everyone should pay for it. Then there were the anonymous heroes who prepared the room for the meeting and helped to put everything away again.

It looks like a fine set of tours for this year and next, so let us all enjoy them.

SOCIETY NAME CHANGE?

I have read with interest the articles regarding a possible change of name for our club.

Personally I feel we may need to go to a vote. However as a younger member of the group I wish to express my feelings.

Although Cross Canada Cycle Tour Society was the original name, the club is better known in the community as "The Seniors". When I am speaking with my other cycling buddies, and I refer to either CCCTS or Cross Canada Cycle Tour Society they have no idea what I am talking about. Sometimes they ask about joining this group. When I mention that it is basically a seniors' group they admit that they would not be comfortable riding with this club. It would be so much easier to identify who we are in our name. There are no age restrictions. The factor in

PRESIDENT'S CORNER - John Peck

Many of you were at the Spring General Meeting, but for those who could not be there we should report that the motion to raise dues to \$25 single and \$35 double, effective 1993 November 1, was passed

joining the group is "comfort in riding with seniors" to my way of thinking. Following that to the next obvious step I am comfortable saying I am a member of a group that has senior in the name.

Since most of our members are Canadian, and it is a society in Canada lets keep Canada in the name.

We are basically a touring group. I belong to the Vancouver Bicycle Club also. They as a group do much more in the way of advocacy at this time. I would not, by a too restrictive name, like to preclude this important function from our club.

So I suggest our name include Senior and Canada or Canadian. Ken Hanna's suggestion "Canadian Seniors Cycle Touring" is one appropriate option.

- Marion Orser.

Regarding the suggested name change for the CCCTS, I would like to advance a suggestion.

Any association, society or company would do well to have a name which most accurately reflects what it does on a regular basis—as distinct from what it used to do in the past, or only occasionally does, at present.

I have felt for some time that there is really no need for the word "CROSS" in our title because the society offers a very wide range of tours.

Also I note that a number of people wish to emphasize "SENIOR" which I think is a great mistake, particularly since there are a number of young people who enjoy the activities of the society.

Would we not, therefore, make just a slight adjustment to the present name and call it the "Canadian (or Canada) Cycle Tour Society." I think "Canadian" is the better choice of word because "Canada" might imply that we confine our activities to our own country, which is far from the case.

- Keith Bower.

NEWTON OUTDOOR SHOW - Eva Folk

On Wednesday, May 19th, from 10 am to 2 pm, there will be a Spring '93 Outdoor Show at the Newton Senior Citizens Centre, 13775—70th Avenue, Surrey. We have been asked to provide a display to represent bicycling. We have arranged a nice display. Please come and see the free show.

1993 HAWAII TOUR (Continued)

- Dennis Parsons

After a night of drinking Margueritas out of tin cups, behaving elegantly meanwhile by cocking the little finger in the air, and chomping quietly on oodles of noodles came the next day. Hot, very hot, and I was delayed till 9:30 am.

The 8 kilometres along the shore and past the bay where people with snorkeling gear ogle the pretty little fishes (I'm told that the sand for the beach is brought in from Australia) was easy going. Then came the hill. Some will dispute this but I classify it as a cliff. It wasn't long before I had stripped to shorts and shoes.

Saw a fellow picking flowers from a tree alongside the road. Thought he was hired by the tourist bureau to remove dead ones. Instead he was collecting those waxy white and yellow blooms for lei making.

Had my chance later when I stopped in the shade and looked up at mammarian papaya hanging above me. Looked down and there was a lovely yellow ripe one. Into my pannier faster than a fish into a creel.

Saw a cat kept in a cage with two pullets. Also saw a dog which resembled a dingo.

Stopped at a gift store to ask directions—respectfully from the doorway—felt I couldn't go inside dressed as I was.

Three more kilometres to go and then I nearly went past the place. The Manago Hotel looks like a grey warehouse abutting the road.

I was very relieved to have completed that 25 kilometre ride and to be up here at 800 metres.

Later Noreen greeted me with the news that she and Albert had gone down to the shore below us to see Captain Cook's memorial. Albert was muttering, "I'll never follow that woman again." Others who went down there cadged lifts in the backs of pickups.

On the roofs below us at the hotel were bottles containing lemons in water. The sun does something to this mix which becomes good for the stomach. A local remedy.

The pork chops at the hotel were delicious. Next day after many ups and downs I arrived just before Joan at the Japanese-owned motel. We were alerted to watch for it when we came upon the church. You couldn't miss the church—so neat and sparkling white.

Joined the crowd sitting bare-shouldered outside the motel rooms. Remember, we left B.C. when all was under snow.

For dinner we traipsed 3 kilometres down the road for a meal laid on by John. We passed some trees planted by Mark Twain.

Learned at the restaurant that there are no descendants living in stately mansions of the royal family deposed just a century ago by the Americans.

The walk back up to the motel was taken under the stars. Warm air and searching for the Southern Cross.

Two laps left, a cool morning and I ride past the cafe where we're to have breakfast. By the time I realize this I'm at sea level and not going back.

Yesterday Doc, Ray, John J., and Rowan rode well past the motel, but they had to return.

Now Ray stops and gives me a granola bar.

Let everybody by and enjoy the vista, then face up to the long climb ahead. First two ups and downs then the inescapable rise to 1500 metres. The changing scenery makes it bearable. We reach the summit to find John and Dornacilla with juices and directions to our hotel.

It's downhill now and we fly into the hotel grounds. Beautiful garden setting but wait till you see the bedroom.

The light in the bathroom strikes your eyes as you open the door. The sun is streaming in through a skylight in a high ceiling on to thick purple towels.

The bedroom is small with two single beds, but at the foot of each is a heavy wicker chair facing a raised fireplace.

Later, with the lights turned down, flickering flames, feet up on the ledge, a stubby glass of something in one hand, and her hand in the other one, then pop! You remember you're sharing with Ken.

Dinner costs \$20 US but breakfast is free. The papaya sprinkled with lime is enjoyed before the bacon and eggs are served.

Rest day, and a chance to visit craters, see steam issuing from the bowels of the earth, and walk on cold lava which in a few years will be covered with vegetation. This is the only place on earth where people rush to instead of from an eruption.

Mel and Bette were in their element up in a helicopter, while not far away another had crashed killing two people.

For dinner tonight we go to the grocery store just a block away. Delicious mulligatawny soup, chili, pastries and even rice pudding. No liquor licence and we're not supposed to bring our own says the Canadian lady who owns the store. Closing time comes but she spends another quarter hour talking to us before she shuts the door.

Today it is back to Hilo, but I did not expect so many many kilometres of just downhill. Wonderful. A little cool to start but it got better.

En route just had to stop at a macadamia factory to see how the meat is separated from the broken shells. And that's the only operation not shown.

Visitors can watch the kernels progress past sorters into vats and on to be caramelized or chocolate covered, and all the time they are travelling the workers are picking out defective nuts. Can't help wondering whether, when the audience has left, the naughty pieces are just not dumped right back into the mainstream.

Now I've arrived at the hotel, looking down at the multi-coloured carp in the small lagoon alongside the entrance.

We're all together again at the airport. The sky is clear and it is hot—here where 150 inches of rain fall in a year.

We land in Vancouver. It is overcast and drizzling, but the snow is gone.

Hawaii I enjoyed so much, but I do love my B.C. Thanks John, John, Bernice and all those who give us tours like this.

GOING LOADED - Rae Wohlschegel

I prefer to say "going self-contained." There is a marvellous feeling of freedom with all your needs on your bicycle and you are ready to go anywhere.

If you distribute your load well there is not a great deal of difference between going loaded or otherwise—honest. A couple of years ago Dave Sawyer did a comparison going up island and there was only a difference of 2 km/hour between going loaded and unloaded. However a loaded bike does go downhill faster, and uphill a bit slower.

Distribution is most important. The heaviest items should be as low as possible. It is also important to have front panniers to spread the load, and the load should be evenly distributed from side to side for stability—especially in the front panniers.

Another cause of instability is too much weight in the handlebar bag. If you must have one at all it should be packed very lightly with a hankie and a sandwich.

I carry approximately 4 to 6 lbs. in each front pannier, and 7 to 9 lbs. in each back pannier with the tent, sleeping pad and sleeping bag (total 9 lbs.) on top of the rear rack. If you have room it is even better to stuff your sleeping bag in a pannier. Of course everything should be waterproofed—if not with pannier raincovers, then with plastic bags.

Tools and cooking equipment can be shared with a travelling buddy to keep down the weight. Carry on your own bike everything to fix a flat plus a spare tire and a pump as you would on any ride.

Of course you try to limit what you take. I have one of those one-burner gas stoves which is light, a pot to cook and eat from, and a lid deep enough to boil water in for coffee. Generally where we cycle we pass stores, so we don't have to buy more than one day's supply of food at a time.

Not least is a good touring bike. I did a self-contained trip last year with my light road bike, and had problems keeping my tent stuff on the shorter rear rack. I also kept hitting my panniers with my feet.

Go for it and have fun.

FOR SALE

From the estate of Dave Sawyer—sturdy trailer hitch bike carrier, \$50 o.b.o., 383-0783, Victoria.

TOUR CONTRIBUTIONS FOR 1993

At a recent meeting the Society's directors agreed on the following guidelines to assist tour coordinators and participants with the problem of deciding what the appropriate contributions should be for the use of society equipment during tours.

For a camping tour the suggested contribution for the use of camping and cooking equipment should be \$10 per camping day.

For a non-camping tour the suggested contribution to cover administration costs should be a fixed amount of \$20 regardless of the tour length.

It was also agreed that if necessary these amounts would be adjusted at the beginning of each year.

HATHAWAY'S BYWAYS - Bob Douglas

A recent note from John Hathaway, mailed at Salt Lake City, let us know that he had now cycled in 31 states, and was on his way to Minneapolis, using Interstate 80 for a good deal of the way. Some of us encountered that extremely busy highway when camping last summer at Green River, Colorado.

John had spent about a week near Phoenix, stayed a couple of days at Williams, and took a side trip to the snow-covered south rim of the Grand Canyon.

CHARITY BIKE RIDE

MANULIFE - Ride for Heart

Sunday, May 16th

Volunteers are required to assist with this ride. Each volunteer gets a special Ride T-shirt, is eligible to win a mountain bike and can attend the picnic lunch after the Ride. New this year is a fanny pack for all route marshals. To sign up as a volunteer phone 736-4404 or 879-RIDE.

1993 TOURS

Payment for all tours should be made out to the CCCTS and 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. Participants must sign a waiver and agree to the financial rules.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Members are reminded that they should be in proper physical condition to undertake a tour and that their bicycles must be properly maintained.

Hawaii - completed.

Utah's Canyon Country - completed.

Arizona - cancelled.

California Wine Country May 4 - 23.

Ted Stubbs 321-2784.

See February Newsbrief for tour route description.

Sixteen cycling days and three rest days, 1156 km (725 miles), cost \$600. A \$100 deposit was required by January 31, balance is due immediately.

Participants: (14) Ted & Pat Stubbs, John Peck, Eva Folk, Keith Clothier, Ian Polley, Bob Stevens, Dorothy Kennedy, Raynel Merness, Ron France, Bob Douglas, Audrey Hayes, Anker & Elizabeth Gram.

Go for the Gold - cancelled

Gabriola Island May 18 - 20.

Dennis Parsons 383-4479

\$39 sent to office confirms acceptance (\$5 is non-refundable if you cancel). No participant limit.

Participants: (19) Dennis Parsons, Connie Shaw, Bruce Ross, Rae Wohlschlegel, Bruce Hudson, Bert Davies, Sylvia Mather, Elsie Dean, Ben & Micheline McComb, Nick Roos, George Setterfield, Catherine Mick, Sam Bigelow, Reg. Clark, Rowan Ley, John Jones, Anne-Marie Labourdette, Katryn Jeronimus.

Holland - Italy May 31 - July 1.

Josie Curtis 589-2089.

Just over one month from now we will be enjoying the beautiful Dutch and Italian countries.

Accommodations are nearly in place in Holland with written acknowledgements still to be received after telephone confirmation.

Participants will shortly receive direct from the Dutch club "Vrienden op de Fiets" (Friends on the Bicycle) a booklet listing guest homes in Holland. A membership card will be included. Please keep this card in a safe place as it is required on the tour for your private lodging.

Final payment of \$650 was due on March 31.

Participants: (7) Dan & Jerry Baris, Keith Bower, Josie Curtis, Carl & Joyce Dukeshire, Mario Lovricic.

Bay View Three days in late May or early June.

Anne-Marie Labourette 521-0518 or 464-1169.

A loaded camping trip without a support vehicle. This is a good opportunity to learn (or brush up on) the skills necessary to go on a camping trip carrying everything on your bike.

Participants: (11) Chuck & Lynn Dick, Bob Douglas, John & Dorothy Philip, Anne-Marie

Labourdette, Roy Towler, Dan Kennedy, Bill Hook, Elsie Dean, Sam Bigelow.

Cross Canada June 1 - August 31.

Dennis Parsons 383-4479.

Total cost \$1875, balance due May 1st.

Participants: (24) Jim Beattie, Bryson Braziel, Lise Brooks, Ian Cassie, Renato Colbachini, Peter Cordoni, Georgette Courchesne, Joan Engman, Marie Hackinen, Horst Hees, John Hiza, Barton Howes, Ben Kihlman, Mathilde Klassen, Marthe Lambert, Margeria Lemieux, Leila Montgomery, Donna Nicholas, Vernon Patterson, Bobbie Redmond, Gerry Sutherland, Earl Wilkins, Rae Wohlschlegel, James Wolff.

Part-way Participants: (6) Leo Comeau, Roy Cushway, Bob Jordan, Dennis Parsons, W. Poole, Faye Wilson.

Wagonmasters: L. Clarke, I. & I. Polley.

More info. contact Dennis Parsons 383-4479.

BC 93 June 29 - July 29.

Al & Diana Lifton 468-5696.

See February Newsbrief for tour route description.

Total distance - 1910 km; cycling days - 27; rest days - 4. Cost of tour: \$600. Deposit: \$100 required by April 1. Balance: \$500 by May 1.

Participants: (29) Roy Towler, John Peck, Martine Donahue, Elsie Dean, Bob Forsberg, Ray Berg, Anne-Marie Labourdette, Nick Roos, Art Borron, Brenda Borron, Judy Jackson, Dan Kennedy, Ken Brothers, Bob Douglas, Marten McCready, Emidia Lepore, Marshall Butcher, Monty Maundrell, Al Lifton, Diana Lifton, Garfield Clack, Rick Jenks, Jim Erickson, Nan Earl, Joan Herbert, Emily Ames, Dennis Parsons, Ben & Micheline McComb.

South-Central Oregon August 2 - 12

John Philip 531-0260

A camping tour without a support vehicle.

Starting in Bend, Oregon we will go out to the high desert region and return to visit Crater Lake.

More details later.

Participants: (4) John Philip, Dorothy Philip, George Setterfield, Anne-Marie Labourdette.

Haida Gwaii (Queen Charlotte Islands)

August 10 - September 2.

Elsie Dean 294-5834.

See February Newsbrief for tour route description.

Costs: (1993 fares not yet available, but count on an increase of 5% or more). Boat one way Port Hardy \$85. Senior (65 and over) \$53.55. Bicycle \$6.50. Prince Rupert to Skidegate (group fare for 15 or more) \$13.94. Senior \$12.92, bicycle \$6. \$300 per person per day has been quoted for a boat cruise, but we hope to get a better rate.

Participants: (25) Elsie Dean, John Peck, Victor DePaul, Keith Clothier, Olive Balabanov, Theresa Keet, Dorothy Kennedy, Theresa Green, Wendell Green, Peter Kabel, Chris Kabel, Monty Maundrell, Ron France, Roy Cushway, Midge Carlson, Bernice Moore, Neil Dobson, Katryn Jeronimus, Felice Bennekow, Irene Fleming, John Cameron, Lee Kraft, Anna Wiskerke, Cornelius Wiskerke, Jack Wilcockson.

Straits Circle September 13 - 28.

Dennis Parsons 383-4479.

A 15-day tour with the itinerary as published in the March Newsbrief. Short distances each day. Carry everything you need to leave at motel so that you can sightsee. Weather in September best in the world. Twenty-two participants. I need to know who is going to share with whom so I can reserve motel rooms. Cost should come out at less than \$550 if more people share. \$20 gets you on the list.

Participants: (5) Dennis Parsons, Nick Roos, Alyce McKay, Joy McQuade, Rose Tanchak.

New England September 7 - October 8.

Ken Hanna (613)741-7968, John Philip 531-0260.

A camping trip with a support vehicle starting and finishing in Ottawa, and going through New York State, Vermont, New Hampshire, northern Massachusetts, and Maine.

The itinerary and other information such as Ottawa meeting place will be sent to participants as soon as Ken has completed a reconnaissance tour of the route in early June.

There was no response to the "travel to and from Ottawa as a group" question in the last Newsbrief, so it was decided at the meeting of participants after the Spring Social that we would all find our own way to and from Ottawa.

Five members are willing to go with the Ray Merness "self-contained" group. However the final decision on this has not yet been made.

The total cost is C\$700. Deposit of \$200 is required by May 15, with balance of \$490 by July 1.

Participants (\$10 deposit paid): (25) Ken Grieve, Ken Hanna, Joan Hutchison, Ray Merness, John Peck, John & Dorothy Philip, Roy Towler, Faye Wilson, Marion Orser, Sam Bigelow, Brian Curtis, Ken & Lee Kraft, Tage & Grethe Winckler, Doc Watson, Shirley Fisher, Dorothy Kennedy, Bruce Ross, Anker & Elizabeth Gram, Catherine Mick, Jim & Shirley Mae Jeffrey.

Driver: Ian Polley.

Waiting List (\$10 deposit paid): (9) Margaret Fyfe, Roy Barrows, Mo Aller, Josie Zewiec, James & Yolanda Medves, Martine Donahue, Victoria Bernhardt, John Jones,

Waiting List (Deposit not paid): (4) Maurice Leduc, Theresa Keet, Ray Berg, Joan Herbert.

Florida November 2 to 24 (Approximate dates).

Lee Kraft (206) 371-2257.

A motel-restaurant cycling trek starting at Jacksonville (instead of Pensacola), then cycling down to St. Augustine (the oldest city in North America), Daytona Beach, across toward (not into) Tampa, and on to beautiful Anna Maria Island. Then on to Fort Myers, Naples, and through the Everglades to Key West, and finally back north to Miami.

We are checking the road conditions through the hurricane area. This is an easy ride and so beautiful that you may fall off your bike looking as Florida is very picturesque plus very friendly. November was chosen because it isn't too hot and just before the arrival of the snow birds. There are many bridges connecting the highway down to Key West. The one day boat ride will give you an opportunity to enjoy the clear, clean waters of the Gulf of Mexico on one side and the Atlantic Ocean on the other side. There is a video called 'Over Florida' - try to get it from the library then you'll know almost as much as I do about Florida. Average K's per day - 60 to 75.

A \$50 deposit is required by May 15. Maximum number of cyclists - 25.

We will be flying out of Vancouver, and returning from Miami to Vancouver. Air fare - approx. Can. \$630 (much too early to be firm). \$45 each way per bike. Motels - approx. US \$38 per person per night, plus food and miscellaneous. Boat trip - approx. US \$50 per person.

Participants: (3) Lee Kraft, Betty McCulloch, Dennis Parsons.

1994 TOURS

Hawaii (The Big island) 1994 January

John Peck 538-0195.

Again a 14 day unsupported circular tour.

Participants: (9) John Peck, Mathilde Klassen, Anne-Marie Labourdette, Mike Kelly, Georgette Courchesne, Roy Cushway, Jack Wilcockson, Bernice Gregory, Anne Ives.

Utah's Canyonlands 1994 April 18 to May 5

John Philip 531-0260

A repeat of the 1993 tour with improvements.

The Dempster Highway 1994 June 1 to 17.

John Peck 538-0195 John Philip 531-0260

A repeat of the successful 1989 tour.

This will be a camping tour with a support vehicle. The Dempster Highway is a gravel road which starts near Dawson City in the Yukon, and goes 750 km to Inuvik in the Northwest Territories.

Participants: (3) John Peck, John Philip, Dorothy Philip.

Russia

Cancelled for 1994. See January Newsbrief.

Cross America 1994

Marion Orser 737-8483.

Participants: (10) Richard Lebek, Chuck & Lynn Dick, Theresa Green, Mario Lovricic, Raynel Mer-ness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue.

Switzerland 1994

Approximate dates: August 17 to September 7

Andre Kaufmann 581-3923

This tour was announced at the Spring Social on April 21. Limited to 12 participants.

Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Horst Hees, Margaret Fyfe, Roy Barrows, Mario Lovricic, Harry Lang.

Oregon Trail 1994.

Ted Stubbs 321-2784.

Two weeks in September or October.

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 or Bob Douglas 435-3893.

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 (not 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.

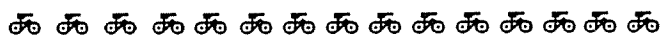
VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

CALGARY WEEKLY TRIPS

Sundays: Meet at 9:30AM at Priddis store. Contact Bob Jordan 931-3227.





NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 5

May 1993

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

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 couple. The month of expiry of your dues will appear on your address label.

Items for the Newsbrief should be in the hands of the editor by the next directors' meeting on June 24.

President	Fax: 538-0195
John Peck	538-0195
Vice-President	
Noreen Redford	592-1865
Treasurer	
Bob Douglas	435-3893
Recording Secretaries	Fax: 655-3113
Art & Brenda Borron	652-5990
Newsbrief Editor	
John Philip	531-0260
Membership Secretaries	
Rowan Ley	731-6478
John Jones	538-6172
Equipment Managers	
Ian Polley	531-6955
Chuck Dick	261-5092
Social Conveners	
Georgette Courchesne	940-0010
Lynn Dick	261-5092
Vancouver Island Representative	
Dennis Parsons	383-4479
Office Managers	
Roy Towler	594-7121
Ted Stubbs	321-2784

the month another tour will begin around BC. It is fortunate that we have two sets of equipment and can handle two tours at the same time.

The directors have much to talk about at their meetings. In addition to the increasing number of tours, they also worry about some knotty issues, such as, how to control cancellations from tours. Should we have non-refundable registration fees, or should we have rules about forfeiture of deposits? Sometimes there have been so many cancellations that a tour has almost collapsed. The recent Wine Country Tour is an instance. Some tour coordinators already insist on a registration fee. If you have some ideas on how to control frivolous cancellation, then please let us know. Another problem is how to ensure that this is a club for seniors. Then, of course, there is the problem of whether our society's name is appropriate.

We have already appointed our nomination committee for next year: Dennis Parsons (convener), Chuck Dick, and Noreen Redford. If you know anyone who should serve as a director, please suggest that name to one of them. A quality that we look for is willingness to give up one day a week to help run our office. Resumes of those proposed by the nominations committee will appear in the Newsbrief before the Annual General Meeting. Please think about nominations now, and do your bit to ensure a strong panel of directors for next year.

We hope to see each of you on at least one tour this year.

MEMBERSHIP RENEWALS - Bob Douglas

Please note that the recent increase in membership dues is not effective until our next fiscal year. In other words for renewals for 1993-10 or later (see your address label), or for new members starting November 1, 1993.

PRESIDENT'S CORNER - John Peck

By the time you read this, the important event of the year will have begun, i.e. the Cross Canada Tour (a tenth anniversary tour). We all wish them a successful and enjoyable three month ride. At the end of

SOCIETY NAME CHANGE?

In glancing over the March Newsbrief, President's Corner—quote: "It is a pity that the many who are in favour of a change remain silent. Unless they speak up soon" You got to me, John. I emphatically support a name change, and have for many years.

To keep it brief, the words that I would like to have included in a name change are:

1. Canada or Canadian for obvious reasons.
2. Senior - again for obvious reasons, and also see Part 2, sections (a) and (c) of The Constitution of our Society. February 1993 Newsbrief.
3. Cycling - that is what we are all about.

Canadian Senior Cycling ... Association
Club
Society

Whatever comes next is a fairly easy decision, although Society appeals to me as the initials C.S.C.S. come out as a hiss! That could be our secret password—we could hiss at each other and no one would know whether we were being friendly or unfriendly. Just kidding. Association is really a better choice.

If there is one person out there who agrees with me, please write to the President. There now John, aren't you glad you asked?

- Midge Carlson.

With regards to the name change controversy: Although Cross Canada Cycle Tour Society is a mouthful, we think of that name with such pride and affection now, that we feel bound to defend it. Besides if it engenders questions, then we have another opportunity to expound on the adventures of this admirable group.

- Don & Val Gillespie.

A CLUB FOR SENIORS? - John Philip

It is apparent to me from reading the "society name change" correspondence, and from discussions with various members, that there is a difference of opinion as to whether we are a club for seniors, or a club that is open to all age groups.

Since joining in 1984 I have always assumed that we are a cycling club for seniors, and these recent discussions about our status led me to investigate the subject.

Let me try to explain why I have concluded that we have always been a club for seniors.

First, we might look at what our constitution says about the matter. The constitution, which appears on the first page of our Society's Certificate of

Incorporation, was reprinted in the February 1993 edition of the Newsbrief. Included therein is the following:

"The purposes of the Society are:

(a) As a non-profit organization to undertake, foster, sponsor and promote programs for the benefit of senior citizens.

(c) To develop understanding and support within voluntary organizations, the community at large, governmental agencies and government for the needs of and services required for senior citizens."

As you can see senior citizen is mentioned twice, but not defined, so we have no age restriction in our constitution.

In November 1982, shortly after the formation of the Society, we submitted an application to Health and Welfare Canada for a New Horizons grant to help pay for the original 1983 bike tour across Canada. Our group was named on the application form as: 1983 CROSS CANADA CYCLE TOUR/SENIOR CITIZENS.

It was stated in this application that those taking part in the tour would be over 60 years of age with preference given to those who were 65 and over. Spouses under the age of 60 were acceptable, male or female. Of the original 73 applicants for the tour 72 were age 55 and over.

35 club members ranging in age from 55 to 77 completed this first club tour.

As some of you know the origins of our club are shrouded in controversy, but it seems to me that the original intent of the club was at least clear—to gather together a group of senior citizens and prove that they could cycle across Canada.

Second, we might look at the make-up of our club at the present time. The following table, which has been prepared from a recent computer-generated age-profile of our membership, shows the numbers of members in each age group:

Age Group	Numbers of Members
Under 45	5
45 to 49	4
50 to 54	14
55 to 59	57
60 to 64	68
65 to 69	80
70 to 74	51
75 to 79	15
80 and Over	3
No age listed	2
Total	299

Thus 97% of our current membership is 50 and over, and 92% is 55 and over.

Perhaps we should not try to define what we mean by a senior, since it seems to mean different things to different people, and those who are uncomfortable with the term can tell people who enquire about our club that 97% of our membership is age 50 and over. That's a precise definition, and it has the added advantage of being true.

If more proof of who we are is needed we can point to the fact that the average age of the group of 23 members who are biking all the way across Canada this summer is 65.

One of the practical advantages of identifying ourselves as a seniors' group while on tour is that doing so opens many more doors for us than would otherwise be the case. As someone who organizes tours I always identify our group as seniors in correspondence relating to campground and motel reservations. We thus take advantage of discounts which are available for seniors, and we are often entertained along the way by local seniors' groups who are impressed by what we are achieving at our age.

I am sure we all derive a great deal of pleasure from the company of the few "younger" members who are comfortable going on bike trips with the majority who are "older" members, but let us not use them to deny that we are a seniors' group.

Some members are already expressing concern about the prospect of the number of members under the age of 50 increasing in the years to come from 9 to 90 or whatever. They say that we are in danger of losing our special status as a seniors' group, and we should do something about it before it's too late. One thing we can do to preserve our senior status (for want of a better term) is to advertise that we are a seniors' group in the information we send out to prospective members. Perhaps we can just tell them that "97% of our membership is age 50 and over."

In conclusion I believe that the numbers given in the above table prove that we are still a club for seniors, and perhaps this would be an appropriate time—shortly after our tenth anniversary—for us to re-affirm this fact, and to find some way to ensure that we will continue to be a "club for seniors" in the future.

THE 1993 UTAH TOUR - Raynel Merness

The Utah tour deteriorated into a parody of Agatha Christie's famous play "Ten Little —", before it came to an end. I had the good fortune to be one of the group of four who escaped the evils that befell our other seven companions.

We had a relaxed drive down to Moab, which was made more enjoyable for me in having a co-driver, George Setterfield, who complemented my somewhat inflated ego. It's extremely satisfying to find

someone with the same brilliant intelligence as oneself, and to have your ideas of the future of the Universe confirmed. The days passed quickly in such euphoria.

Moab was a surprise and a delight, unlike a number of small south-western towns, it proved interesting, and prosperous, with a super bike shop, and an even better pasta restaurant, in which we gorged ourselves on most of the evenings we were there.

Arches National Park, which is just a few miles out of town, is the immediate attraction. I had decided to spend the day in an attempt to get some decent photos of the arches. My plan was to drive to the end of the road and hike to the main group of arches. I was joined by Theresa Green, who preferred to hike rather than join the rest of the group, who were cycling into the park. Little did I know what I was letting myself in for. Theresa is an accomplished hiker, whereas it takes me all my time to walk to the mail box.

We started out in fine style on the main trail, making side trips into the various arches. It was a glorious sunny day, and I was taking photographs with great abandon of the spectacular red rock formations set against a background of white clouds and deep-blue sky. We finally reached the end of the trail at Double 'O' arch with my feet sending warning signals, and my leg muscles protesting at the unfamiliar exercise. There was a sign which indicated that one could return on a different trail. It was described as a primitive trail, and with experience of it now, I would call it something else. With some trepidation I asked Theresa if she wanted to take the 'P' trail, and to my barely concealed horror she replied in the affirmative. Naturally my male ego prevented me from objecting.

I will not burden the reader beyond saying that the return journey was hair-raising. Fortunately I had a spare pair of shoes in my trunk that cooled the fire in my feet a little. After viewing several more arches on our drive out of the park, my legs had ceased to exist, and I was fearful that my departure from Moab the next day would be delayed indefinitely. Strange as it may seem, I got up the next morning with no pain, and made the fifty odd miles to Green River with no trouble at all.

The ride itself deserves little comment for it was through flat featureless country, as was our next day's ride to Hanksville. It was the following morning that we saw a change in the scenery. It was a cool morning with intermittent sunshine which made riding pleasant. We could see the storied buttes in the distance, and a tingly feeling of anticipation possessed me. The sign indicating Capitol Reef National Park appeared as we cycled beside a creek up a long valley. The rock walls on each side increased in size, and their colours varied from the deepest red to white and then green. Scattered

amongst all this were peculiar black rocks, almost perfectly egg-shaped, which we found out later were cast out by an ancient volcano. The walls became steeper, on some the formation of the sand dunes from which they originally formed could be seen, on others the erosion of water and wind over the centuries had carved lacy patterns that rivalled the most beautiful Nottingham lace—it was entrancing.

As I write about my feelings on seeing the beauty of this land, I am forced to examine my emotions, which is difficult, for as humans what yardstick do we have to measure the thousands of years of erosion on a rockface which created the tracery we marvel at? It was like gazing at the sky on a starry night, and trying to understand the size and complexity of the universe.

We camped that night in the national park. There were no facilities except for water and toilets, so it was our first attempt at preparing our own meals. George, an experienced backpacker, produced an astonishing array of equipment from his panniers, and in no time we had a nourishing soup and a delicious tuna pasta. It all looked so simple with George at the controls. I was to find out later that it wasn't quite so easy.

It rained heavily during the night and the hiking trails turned into a heavy mud. Reluctantly we decided to forego our rest day, return to Hanksville and save the day for more clement weather. It was on our ride out of Capitol Reef that George told me about an eye condition which he was concerned about. That evening he called his wife, who confirmed his opinion. As there was no medical treatment for the condition within two hundred miles, George decided to return home, which he did the following day. The campground owner, an extremely kind and helpful man, arranged for George to be driven to Green River, where he caught the bus to Seattle. The owner also put George's bike in storage for us to pick up at the end of the tour.

The next day's ride to Glen Canyon started off as a lonely one for me, but I eventually caught up with John Philip and Ray Berg and I cycled with them for the rest of the tour. It was a pleasant day's ride through lovely scenery capped finally by our arrival at the rim of the canyon, where we turned off at the viewpoint sign. It always seems as though one has to pay the price for a viewpoint by struggling up a long steep hill. Such was the case here, but it was worth it, for a panoramic view of Glen Canyon and Lake Powell, which was almost as awe-inspiring as the Grand Canyon, burst out before our eyes. The only slight downer was that we could see our road ahead taking a long circuitous route across the canyon to our campground, which was actually just across the river from us. We had a long, thrilling descent to the bottom of the canyon, across the Dirty Devil River (how it got that name is another story), then across

the Colorado River, followed by a long, tedious climb and another downhill to the Hite campground.

There were no facilities, since the washrooms at the campground were being repainted, and the only ones available to us were at a store a mile distant and they closed with the store. Despite this I enjoyed the beauty of the evening as the sun sank below the horizon and suffused the surrounding buttes with a red glow.

John discussed the next day's ride with the group. He was concerned about the distance combined with the elevation gain, so he suggested that we stay at Fry Canyon, which was about halfway, if we found suitable camping facilities there.

The next morning, a bright sunny one, we four laggards set out from camp almost two hours after the lead group, only to arrive at Fry Canyon and find nobody there. They had gone on to Natural Bridges. There was a restaurant and small motel, but no campground at Fry Canyon. I think we all had large, delicious BLT sandwiches for lunch, and Ray finished off with at least two pieces of home-made cherry pie. We contemplated following the other group to Natural Bridges, but I don't know whether it was the sandwich, the pie, the lateness of the hour, or the fact that there was a big climb out of the canyon that made us decide to stay at the motel that night.

Breakfast the next morning was hilarious. We sat at the bar, and the cook, a pleasant kindly woman, glowed as we complemented her on her cooking. She produced two pancakes for John which were so large that they hung over the edge of the dinner plate. Surprisingly, he seemed to struggle as he ate, and finally he had to leave at least half of those appetizing-looking pancakes. He told us later that they were the worst ones he had ever tasted, and had eaten as much as he could without a murmur in order to spare her feelings. I have a photograph of him gazing at the plate of untasted pancakes with a blissful smile of anticipation.

As we were leaving Fry Canyon, our hostess was out at the porch trying to persuade Ray to take what was left of the cherry pie. He declined only because he couldn't cram anything more in his panniers.

We had just cycled a few miles when a man coming towards us in a truck stopped with a message from the group ahead. He told us that they were going on to Blanding. This was a surprise since Blanding was a small town on our return route to Moab. It could be reached from where we were by a shortcut which was not on our itinerary. There was no further explanation for this change, and we spent the rest of the trip speculating on why they were returning to our starting point. When we came to a sign at the turn-off to Mexican Hat, which indicated that three miles of gravel lay ahead of us, we thought that we had discovered the reason for their change of

plan. We decided that they were detouring to Blanding to avoid the gravel, and would catch up with us at Monument Valley, but we didn't see them again till the trip was over.

However we voted to continue on the original itinerary, since John wanted to gather as much information about the Monument Valley area as he could for next year's tour. By this time there was such a camaraderie among the four of us that we would have followed John to Mexico, never mind Mexican Hat.

We had a thrilling ride down a precipice about ten miles before we reached Mexican Hat. It's called the Moki Dugway, an Indian name meaning bloody steep hill. That's where the gravel was, but it was relatively smooth, and great fun to bike down.

Mexican Hat was memorable for two reasons. The first was the dryer in the camp laundromat that ran amok with our clothes. Ray, John and I washed one large load between us. We put the washed things in one dryer, selected medium heat, and left them. When I returned fifteen minutes later our clothes were ruined. The heat in the dryer was so intense that two synthetic vests had melted and were deposited over everything. We figured that we had over \$500 worth of clothing replacement costs.

The second memorable reason was that John and Ray discovered Navaho Tacos in Mexican Hat. They continued to eat them at a disgusting rate until we finally cycled out of Navaho territory. They pointed at the mass of chopped vegetables to justify their addiction, but I think it was the beans in the tacos for they both consumed baked beans in copious quantities during the main meal at camp. Thank goodness we were in separate tents.

The next day we entered Monument Valley, and I was amazed that I still had not reached saturation point as far as scenery was concerned. You know the old saying: "When you've seen one mountain you've seen them all," but it's not true down there because there's so much variety.

We spent that night at a huge complex consisting of a large lodge tucked under a high cliff with a couple of stores nearby, and further away a fairly extensive, brand-new campground complete with store and swimming pool. We stayed at the campground which lay in a relatively narrow red rock canyon. It was a spectacular setting for our camp breakfast next morning. However after breaking camp we still had hunger pangs so decided to visit the lodge restaurant. We strolled into this classy place looking like four down at heel versions of Indiana Jones, but we were treated with great deference by the Navaho staff, who perhaps thought we were senior "Hell's Angels".

(To be continued).

FINANCIAL ARRANGEMENTS FOR SOCIETY SPONSORED TOURS

The following points have been agreed to by the Society's directors to achieve a common understanding regarding finances prior to departure on a tour.

(1) Basic principles are that the tour funds collected by the Society's treasurer belong to the tour participants and will be turned over to the tour coordinator at the commencement of the tour.

(2) The participants pay their own way, control expenditures, and decide on the distribution of unused funds after the tour.

(3) The tour coordinator will act as the group's treasurer (or will appoint a competent group's treasurer). An accurate record will be kept of all money spent, and proper receipts will be obtained for all expenditures.

(4) At the end of the tour, the group's treasurer will turn over all records and receipts to the Society's directors who will review the accounts.

(5) The Society will assist the tour by advertising the trip, covering the cost of reasonable postage and telephone charges, supplying cooking equipment, some group camping equipment, and major bike tools. At the end of the tour the group usually makes a contribution to the Society for the use of this equipment.

(6) Participants will be informed by the tour coordinator at the start of the tour what the pooled funds will cover - such as food, camping fees, motel accommodations (if any), support vehicle, and return fares, etc.

(7) Members who join the tour with the intention of going part way or who leave the tour before the end because of some exigency will be charged on a pro-rata basis.

(8) Persons wishing non-standard items (i.e. items not covered under #6 above) will pay for these extra expenses and there will be no refunds for missed meals or days away from the tour. However, if the tour coordinator and committee alter the itinerary because of adverse weather or road conditions, then the former itinerary becomes void and the expenses of the new itinerary will be covered by tour funds.

By signing this document, I hereby accept these arrangements and further agree, if expenses exceed the estimated cost of the tour, to pay an additional amount calculated on a per person-day basis.

Signature:

Editor's note: This document, which has recently received minor revisions, must be signed by all participants before they go on a Society tour.

HAVE YOU A TENT FOR SALE?

John and Carol Cameron, who live in Penticton, want to rent or buy a second-hand tent. If you can help, please phone them at 492-0302.

1993 TOURS

Payment for all tours should be made out to the CCCTS and 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. Participants must sign a waiver and agree to the financial rules.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Members are reminded that they should be in proper physical condition to undertake a tour and that their bicycles must be properly maintained.

Hawaii - completed.

Utah's Canyon Country - completed.

Arizona - cancelled.

California Wine Country - completed.

Go for the Gold - cancelled.

Gabriola Island - completed.

Holland - Italy May 31 - July 1.

Participants: (7) Dan & Jerry Baris, Keith Bower, Josie Curtis, Carl & Joyce Dukeshire, Mario Lovricic.

Bay View June 2 - 4.

Participants: (10) Chuck & Lynn Dick, Bob Douglas, John & Dorothy Philip, Anne-Marie Labourdette, Roy Towler, Georgette Courchesne, Elsie Dean, Eva Folk.

Cross Canada June 1 - August 31.

Participants: (23) Jim Beattie, Bryson Braziel, Lise Brooks, Ian Cassie, Peter Cordon, Joan Engman, Marie Hackinen, Horst Hees, John Hiza, Barton Howes, Ben Kihlman, Mathilde Klassen, Marthe Lambert, Margeria Lemieux, Leila Montgomery, Donna Nicholas, Vernon Patterson, Bobbie Redmond, Gerry Sutherland, Earl Wilkins, Rae Wohlschlegel, James Wolff, Bill Hannan.

Part-way Participants: (6) Leo Comeau, Roy Cushway, Bob Jordan, Dennis Parsons, Bill Poole, Faye Wilson.

Wagonmasters: L. Clarke, I. & I. Polley.

BC 93 June 29 - July 29.

Al & Diana Lifton 468-5696.

See February Newsbrief for tour route description.

Total distance—1910 km; cycling days—27; rest days—4. Cost of tour: \$600. Deposit: \$100 required by April 1. Balance: \$500 by May 1.

Participants: (26) Roy Towler, John Peck, Martine Donahue, Elsie Dean, Ray Berg, Nick Roos, Art Borron, Brenda Borron, Judy Jackson, Dan Kennedy, Ken Brothers, Bob Douglas, Marten McCready, Emidia Lepore, Marshall Butcher, Monty Maundrell, Al Lifton, Diana Lifton, Garfield Clack, Rick Jenks, Jim Erickson, Joan Herbert, Dennis Parsons, Ben & Micheline McComb, Georgette Courchesne.

South-Central Oregon August 2 - 12.

John Philip 531-0260

A camping tour without a support vehicle.

Starting in Bend, Oregon we will go out to the high desert region and return to visit Crater Lake.

More details later.

Participants: (4) John Philip, Dorothy Philip, George Setterfield, Anne-Marie Labourdette.

Haida Gwaii (Queen Charlotte Islands)

August 10 - September 2.

Elsie Dean 294-5834.

First leg of this tour is Vancouver to Port Hardy—390 km in five days. Port Hardy to Prince Rupert via inside passage ferry—18 hours. Arrive August 15 and take ferry across Hecate Strait to Skidegate, Q.C.I.—6 hours. Tour Haida Gwaii and Gwaii Haanas from August 16 to 27. On August 27 board ferry to Port Hardy. On August 28 cycle back to Nanaimo and get home on September 2. Reservations are made for support vehicle kindly supplied by Monty which will reduce our costs.

Cost of tour will be \$400 plus ferry fares of approximately \$200. Deposit of \$100 required by June 1 and balance by July 15.

August is the best time of year on the Islands, about the same chance of rain as in Vancouver.

Participants: (20) Elsie Dean, John Peck, Victor DePaul, Keith Clothier, Theresa Keet, Theresa Green, Wendell Green, Peter Kabel, Chris Kabel, Monty Maundrell, Ron France, Roy Cushway, Midge Carlson, Neil Dobson, Irene Fleming, John Cameron, Lee Kraft, Anna Wiskerke, Cornelius Wiskerke, Jack Wilcockson.

Straits Circle September 13 - 28.

Dennis Parsons 383-4479.

Itinerary: Take Tsawwassen ferry to Swartz Bay - Victoria - Duncan - Nanaimo - Qualicum Beach - Fanny Bay - Powell River - Madeira Park - Gibsons - Delta - Bellingham - La Conner - Port Townsend - Rest Day - Sequim - Victoria.

Short distances each day. Carry everything you need to leave at motel so that you can sightsee. Weather in September best in the world. 22 participants. I need to know who is going to share with whom so I can reserve motel rooms. Cost should come out at less than \$550 if more people share. \$20 gets you on the list.

Participants: (6) Dennis Parsons, Nick Roos, Alyce McKay, Joy McQuade, Rose Tanchak, Brian Lamb.

New England September 7 - October 8.

Ken Hanna (613)741-7968, John Philip 531-0260.

A camping trip with a support vehicle starting and finishing in Ottawa, and going through New York State, Vermont, New Hampshire, northern Massachusetts, and Maine.

The itinerary and other information such as Ottawa meeting place will be sent to participants as soon as Ken has completed a reconnaissance tour of the route in early June.

September 7 and October 8 are travel to and from Ottawa days. The cycling tour starts from Ottawa on September 9 and returns there on October 7. Participants make their own travel arrangements to and from Ottawa. Those on the waiting list are advised not to pay for airline tickets until they get on the list of participants.

A final decision on the Ray Merness "self-contained" group has not yet been made.

The total cost is C\$700. Deposit of \$200 was required by May 15, with balance of \$490 by July 1.

Participants (\$210 deposit paid): (26) Ken Grieve, Ken Hanna, Joan Hutchison, Ray Merness, John Peck, John & Dorothy Philip, Roy Towler, Faye Wilson, Marion Orser, Sam Bigelow, Ken & Lee Kraft, Tage & Grethe Winckler, Doc Watson, Shirley Fisher, Dorothy Kennedy, Bruce Ross, Anker & Elizabeth Gram, Catherine Mick, Jim & Shirley Mae Jeffrey, Margaret Fyfe, Roy Barrows.

Driver: Ian Polley.

Waiting List : (11) Mo Aller, Josie Zewiec, James & Yolanda Medves, Martine Donahue, Victoria Bernhardt, John Jones, Maurice Leduc, Theresa Keet, Ray Berg, Joan Herbert.

Arizona October 18 to 30.

Bruce Hudson 248-4496.

This is a motel and restaurant tour with a support vehicle. Cost of \$500 includes motels and lunches. We will start at Phoenix, wend our way south to Mexico and return to Phoenix, visiting Picacho, Tucson, Benson, Tombstone, Douglas, Sierra Vista, Nogales and Coolidge.

Limited to 20 participants. A \$10 deposit gets you on the tour list. Balance of \$490 required by September 1.

Participants: (2) Bruce Hudson, Bernice Gregory.

Florida November 2 to 24 (Approximate dates).

Lee Kraft (206) 371-2257.

A motel-restaurant cycling trek starting at Jacksonville (instead of Pensacola), then cycling down to St. Augustine (the oldest city in North America), Daytona Beach, across toward (not into) Tampa, and on to beautiful Anna Maria Island. Then on to Fort Myers, Naples, and through the Everglades to Key West, and finally back north to Miami.

We are checking the road conditions through the hurricane area. This is an easy ride and so beautiful that you may fall off your bike looking as Florida is very picturesque plus very friendly. November was chosen because it isn't too hot and just before the arrival of the snow birds. There are many bridges connecting the highway down to Key West. The one day boat ride will give you an opportunity to enjoy the clear, clean waters of the Gulf of Mexico on one side and the Atlantic Ocean on the other side. There is a video called 'Over Florida' - try to get it from the library then you'll know almost as much as I do about Florida. Average K's per day - 60 to 75.

A \$50 deposit is required by May 15. Maximum number of cyclists - 25.

We will be flying out of Vancouver, and returning from Miami to Vancouver. Air fare - approx. Can. \$630 (much too early to be firm). \$45 each way per bike. Motels - approx. US \$38 per person per night, plus food and miscellaneous. Boat trip - approx. US \$50 per person.

Participants: (3) Lee Kraft, Betty McCulloch, Dennis Parsons.

1994 TOURS

Hawaii (The Big island) 1994 January.

John Peck 538-0195.

Again a 14 day unsupported circular tour.

Participants: (9) John Peck, Mathilde Klassen, Anne-Marie Labourdette, Mike Kelly, Georgette Courchesne, Roy Cushway, Jack Wilcockson, Bernice Gregory, Anne Ives.

Utah's Canyonlands 1994 April 10 to 27.

John Philip 531-0260

This 600 mile, 17 day circuit around the canyon country in southeastern Utah will be a loaded camping trip with a flexible itinerary and without a support vehicle.

A repeat of the 1993 tour with improvements.

Itinerary: Moab - Arches National Park - Green River - Hanksville - Capitol Reef National Park - Hite Marina - Fry Canyon - Natural Bridges - San Juan Goosenecks - Mexican Hat - Monument Valley - Bluff - Blanding - Monticello - Moab.

Participants: (3) John Philip, Dorothy Philip, Joan Enman.

Turkey, Bulgaria, Hungary & Austria 1994

April 16 to May 21 (36 days inclusive).

Lynn & Chuck Dick 261-5092

Limited to 20 participants in good physical condition.

Cost: \$4900 Cdn. Includes: Airfare, train and ferry fares; airport transfers and portorage; 27-seat air-conditioned mini-bus throughout the Turkey portion; van for luggage and bicycles; all entrance fees to historic sites; hotels (3 star rating); breakfasts and dinners (minimum).

Does not include: Cancellation insurance; dinners in Budapest and Vienna; four dinners in Istanbul; one dinner in Izmir and one in Ankara; drinks at meals; personal expenses; lunches (perhaps we can make local arrangements).

Only those members who definitely intend to go on the trip are requested to submit their names. If for any reason you change your mind, please notify the office or the coordinators immediately. A deposit of \$500 is due by September 1, 1993, and is non-refundable. You must purchase cancellation insurance.

Note: As with our China trip we have had to work with a reputable, and knowledgeable travel agency. You will find the price the lowest possible trip cost for a specially prepared itinerary. We feel you will enjoy the variety of experiences and the use of multi transportation. A detailed itinerary, a booklet specially prepared on points of interest, and maps (where applicable) will be supplied to participants.

This trip comes under the heading of an "adventure" and even although we will be well prepared there is always the unexpected. Those of us who were on our Alaska trip will recall the "truck" adventure.

Some days will be all bus, train, plane or ferry; many will be bus and cycle; many will be cycle only; and some will be rest days. All days will be busy ones. We take our own bicycles, so we have maximum flexibility in the cities.

The tour has been planned carefully to maximize the opportunity to see and to visit ancient historical sites; to experience the cultures of the countries we visit; to see and to experience the scenery, and climate, and to sample life as it is today in these regions.

More details next month.

The Dempster Highway 1994 June 1 to 17.

John Philip 531-0260

A repeat of the successful 1989 tour.

This will be a camping tour with a support vehicle. The Dempster Highway is a gravel road which starts near Dawson City in the Yukon, and goes 750 km to Inuvik in the Northwest Territories. A mountain bike is recommended.

Participants: (7) John Peck, John Philip, Dorothy Philip, Ken Grieve, Elsie Dean, Faye Wilson, Joan Enman.

Cross America 1994

Marion Orser 737-8483.

Participants: (10) Richard Lebek, Chuck & Lynn Dick, Theresa Green, Mario Lovricic, Raynel Mer-ness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman.

Switzerland 1994

Approximate dates: August 17 to September 7.

Andre Kaufmann 581-3923

This tour was announced at the Spring Social on April 21. Limited to 12 participants.

Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Horst Hees, Margaret Fyfe, Roy Barrows, Mario Lovricic, Andre Milaire.

Waiting List: (2) Dennis Scolah, Freda Scolah.

Oregon Trail 1994.

Ted Stubbs 321-2784.

Two weeks in September or October.

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 or Bob Douglas 435-3893.

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 (not 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.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

CALGARY WEEKLY TRIPS

Sundays: Meet at 9:30AM at Priddis store. Contact Bob Jordan 931-3227.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 6

July 1993

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

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. Most of our present membership is age 50 and over.

Membership fees are \$20 single and \$30 for a couple. The month of expiry of your dues will appear on your address label.

Items for the Newsbrief should be in the hands of the editor by the next directors' meeting on August 5.

President	Fax: 538-0195
John Peck	538-0195
Vice-President	
Noreen Redford	592-1865
Treasurer	
Bob Douglas	435-3893
Recording Secretaries	Fax: 655-3113
Art & Brenda Borron	652-5990
Newsbrief Editor	
John Philip	531-0260
Membership Secretaries	
Rowan Ley	731-6478
John Jones	538-6172
Equipment Managers	
Ian Polley	531-6955
Chuck Dick	261-5092
Social Conveners	
Georgette Courchesne	940-0010
Lynn Dick	261-5092
Vancouver Island Representative	
Dennis Parsons	386-7226
Office Managers	
Roy Towler	594-7121
Ted Stubbs	321-2784

rain and decide to give up after a day of rain, then having committed ourselves to go home again, it is sure to turn out sunny and warm. Perhaps we should cycle backwards on the way out. That way the weather man will think that we are returning and will bless us with good weather.

The Cross Canada Tour got off to a good start. As might be expected, they braved bad weather through BC. Dennis tells me that Gerry Sutherland is now leading them. We wish him and all the riders a happy and successful journey.

By the time you read this, the BC 93 tour will have left, from Horseshoe Bay via Duffey Lake for Kamloops, Jasper, Lake Louise and home again.

There are still some exciting tours left for you. So if you missed out on the major ones, consult the back pages of the Newsbrief, for lots of other tours. There is also 1994 to think about.

Don't forget the Annual Picnic on Wednesday, August 4. See later in this Newsbrief for details. Have a happy summer.

JACK HERMISTON

Cycling friends in the CCCTS will be saddened to hear that Jack passed away on Sunday, June 20th. Jack and Kay joined the club in 1984 to go on the Australia/New Zealand tour, and those of us who were on that tour thoroughly enjoyed getting to know them. Jack also went on the 1986 Cross Canada tour and the 1988 Grand Canyon tour.

Jack served in the Royal Canadian Navy for 25 years. He served in World War II and in the Korean War. Jack enjoyed several careers on his retirement. He was an avid gardener, and enjoyed every feature of the outdoors. He was a member of the Royal Canadian Legion, and did volunteer work for seniors in the Sechelt area.

Jack was a kind, gentle man and had a wonderful sense of humour. We will miss him.

- submitted by John Philip.

PRESIDENT'S CORNER - John Peck

We have discovered some of the weather man's secrets. If we arrange a three day tour in June, it is sure to rain when the day comes. If we set out in the

ANNUAL PICNIC & SWAP MEET

The Annual Picnic will be held on Wednesday, August 4. Meet at 11:00 am at Deas Island Park which is just off River Road up-river from the tunnel. This is also a do-it-yourself swap meet, so bring your cycling and camping related articles well marked with your name and your price. Mark your calendars, since this is the last Newsbrief which will appear before the picnic.

Bring your mug, \$3 for lunch, and a lawn chair, if you come by car.

SOCIETY NAME CHANGE?

My vote says stick to the name that has served us well for the last ten years. No consideration has been given to the fact that our present logo is emblazoned on our jerseys and crests which would require covering with new crests at some cost and inconvenience. As quoted from Shakespeare: "What's in a name."

I didn't join the Society because it was considered a senior's club. I believe the few under fifties that join help to keep us feeling younger even though our aching joints will deny it.

Still thinking young at 79.

- Bert Davies

Three years ago a group of CCCTS camped at Gordie Howe Park in Saskatoon on their way across Canada. I talked to several of them and rode with them the next day to the coffee break stop. Diana Lifton gave me a card, and I wrote for more information about the CCCTS.

I have ridden on three trips with the CCCTS so far and enjoyed them all. I just don't understand what all the fuss is about to change the name of the Society. I like the name, I like the logo on the jersey, and I like riding with the members.

The age argument is not necessary in this cycling group. It is a waste of time and paper. Why stereotype people and put them in little categories? I ride with younger people in Saskatoon and there is a lot to be thankful for. When these people get older they know that they can join, and enjoy some tours with the CCCTS anytime that they are ready.

There is a senior skating group in Saskatoon that is not willing to accept younger people or new ideas from younger people, and consequently the club is dying. Another skating group started up with no restrictions and it has tripled in size the past two years.

In conclusion I say stop the infernal argument about age and changing the name, and let's get on with enjoying cycling.

- Roy Cushway

As regards our Society name—I vote for Canadian Senior Cycling Association. Think of all the writing we would save.

- Bruce Hudson.

THE 1993 UTAH TOUR (Continued)

- Raynel Merness

As John and Ian started on the return journey from Monument Valley to Moab, Ray and I went to the Navajo Visitor Centre, a few miles off the main road. I had no intention of buying anything, but after taking in the inspiring scenery that surrounded us, and finishing the film in my camera, I wandered into the gift shop after Ray, where he was busy charming the young Indian woman behind the counter. Of the two of us I was the only one who bought anything—an expensive piece of Navaho jewellery, while Ray came strolling out with the free gift of a large poster.

By the time we left the Visitor Centre it was blowing a dust storm, and we had a hard struggle to get back to the main road. When Ray reached the main road and the Navajo stalls, which clustered about the intersection, he stopped once again to look at the Indian jewellery. When I caught up with him he had spent a large sum of money on various items, and had established such a rapport with the Navaho family there, that I thought they were going to invite him to dinner. However I managed to drag him away, and we set off leaning into a nasty crosswind. The strong wind continued for the rest of the day, but most of the time as a crosswind, so it was an exhilarating ride to Mexican Hat, where we had lunch. Need I mention that Ray had Navajo Tacos!

As we left town we struggled uphill for the first few miles with the wind in our faces. Then we made the turn for Bluff, where we planned to stop for the night, and the wind wasn't so bad. We had a great ride that day, and I totally enjoyed it, but we were both thankful when the lights of Bluff hove into sight. It was quite late, but we had no problem, since John had already booked us into the motel.

We rode to Blanding the next day, and at the motel there we finally had word of our missing companions. They had stayed there on their return trip from Natural Bridges to Moab, although we still didn't know the whole story.

Again we zeroed in on a memorable restaurant. It was the last place we would see Navajo Tacos on the menu, and Ian and I had to listen to the other two discussing the relative merits of NTs ad nauseam. Ian was so put off that he left half his meal.

The next day's ride was short, but we were climbing most of the time, since Monticello, our destination, is at an elevation of just over seven thousand feet. It's a pleasant town, and since the campgrounds were still not open we stayed at a motel

where, as always, the motel manager greeted us with great courtesy.

It rained during the night, and on starting out in the morning I wasn't too hopeful about the weather. We had a long ride to Moab ahead of us, and it was cold with snow threatening. I was in shorts as my long pants had been destroyed by the demonic dryer at Mexican Hat. It was the worst of all scenarios, and then it started to rain. Ray had gone to the Post Office, so I moved into the lead by myself. I knew that it was important to keep warm, so I set a strong pace. Gradually the weather changed, the rain stopped, and the sun came out. The road was mostly downhill, since we were going from seven thousand to forty-two hundred feet at Moab, but at the beginning there was the occasional climb to keep me warm. At my planned lunch stop after thirty miles or so, I felt great, so I continued on, and finally stopped at Wilson's Arch, where I scoffed a huge cinnamon bun that Ray had bought the day before for our dessert. I think it had a thousand calories. By now it was a warm sunny day, and I breezed down the final ten miles into Moab at an average speed of twenty-five miles an hour. What had started so badly turned out to be one of the best bike rides I've ever had.

I arrived at our car storage yard with John Philip not far behind. We packed our bikes and drove to the campground to find a wan-looking John Peck, who was recovering from, and Theresa, who was contracting, an illness of unknown origin. The others had left for home. The illness had affected almost all of the group of seven who had stayed at Natural Bridges. At first they blamed the water, which they had taken from a creek, and then they thought that it might be food poisoning, but finally they concluded that it was probably a flu virus.

We drove to Green River that afternoon, and left for home the next morning. Theresa didn't eat solid food for two days, but slowly recovered.

Anyone reading this article will realize the level of my enjoyment with this tour. It was great. Thank you John.

CROSS CANADA TOUR 1993

- Joan Engman & Marge Lemieux.

Greetings from the 1993 Cross Canada cyclists. We're having a great time and are now in Swift Current, Saskatchewan, and we would like to provide a brief summary of our tour so far.

At the mile 0 stone monument in Victoria, May 31st, 12 of the on-tour cyclists were given a warm (and wet) send-off of encouragement from friends. Then led by the Victoria CCCTS cyclists, we enjoyed a breath-taking ride along the scenic route to Swartz Bay. The Island's spring flowers were gorgeous; the Pacific ocean provided a lasting memory

of the West, but most special was the camaraderie of the group. Our thanks to these CCCTS members.

As morning dawned on June 1st, the Tsawwassen Motel was bustling with the entire on-tour group plus many Vancouver CCCTS cyclists who provided guidance and friendly encouragement. Some even cycled to our first stop, Hatzic Lake. We did feel like VIPs.

With the Coquihalla looming before us, Barton Howes offered us history and excellent biking techniques to conquer this highway stretch. There were strenuous climbs but also some great downhills. Although fog shrouded the summit, we'll always remember the Coquihalla's magnificent water falls and rock scenery. Following Barton's advice, we left the Coquihalla at Coldwater Road. The quiet beauty of the alternative route stirred all our emotions, but especially was enjoyed by Horst Hees. Merrit brought a special invitation from Barton and a relaxed evening at his home.

Merrit to Kamloops via 5A offered quiet countryside, lovely lakes, a touch of landmark history at Quilchena Hotel. At times it was difficult to keep cycling as our surroundings were addictively peaceful.

Thunderstorms, mosquitos, ants and bike problems all attempted to dampen our spirits, but it's impossible not to be positive with such an exceptional group.

Joking and laughter abound, unbelievably great meals, expert bike assistance is cheerfully provided.

June 7 found us at Barrier and on to Blue River—many beautiful spots to vacation but no regrets at leaving the hungry mosquitos behind.

Much of our route took us beside the North Thompson River, a photographer's paradise.

Mt. Robson eventually appeared out of the mist, most of the time shrouded, but the patient cyclists finally got excellent clear photos.

The trip to Jasper was not all fun and pleasure as the end of the day was suffered through with cold rain, wet feet, cold hands and tired bodies. The pleasure of a hot camp-cooked meal was well appreciated. The following rest day was well taken advantage of as many of the tour visited the popular Jasper town resort of the Rockies.

Lake Louise was also a great stop for various people on the tour, some even ambitious enough to cycle up the mountain to the famous Chateau Hotel and Lake Louise.

Banff was the last stop for Dennis Parsons, our tour coordinator. We all appreciated the expert planning he has provided. The reins of command are now in the capable hands of Gerry Sutherland.

Calgary offered three special memories. Cathie and Bruno Freigang provided a scrumptious feast for the group in the beautiful setting of their Springbank home. Our first mail delivery was handed out by

Joyce Pasmore of Calgary. Such encouragement to receive news from home! Please keep the letters coming.

Early June 17 the seniors group of Calgary's Elbow Valley Cycling Society led the Cross Canada cyclists through Calgary via the gorgeous Bow River cycle pathway to an easy east exit to #1 highway.

We are all missing Ian Cassie, our oldest cyclist, whose Scottish humour and determination we have thoroughly enjoyed and admired. He made the courageous decision to leave the tour in Banff due to medical reasons.

Our camp site at Gleichen may have been a bit open and primitive but the hospitality was special. Their warm welcome included no fee, a Port-a-pot (an outdoor biffie), the opening of their school washroom facilities for our use and media coverage. Since then we've noticed an increasing number of motorists and truckers giving an encouraging honk as they pass.

After two days of flat prairie on excellent roads we came into the Cypress Hills — lovely rolling hills, the altitude of which is close to Rocky Mountain heights, antelope, red fox, hawks and lots of beautiful birds. The meadow lark's lonely message continues to follow us.

A merciless prairie wind—at times gusting to 70k/h—blew continuously from 7 AM to 7 PM for our 133k ride from Maple Creek to Swift Current. Our worst day yet!
(To be continued).

AN INVITATION

Earl Wilkins has extended an invitation to all CCCTS cyclists who are in the Barrie, Ontario area to stay at his home: 131 Oren Blvd., Barrie, Ont., L4N 4M3, telephone 705-737-5145.

GABRIOLA TRIP MAY '93

Thank you Dennis for yet another great trip to Gabriola Island. After my first trip in '88, I was so delighted by it that I try to attend every year. Now we are lucky enough to do it twice a year, and each one gets better. Thank you for the research you have done on the back roads. That gives us a real long distance work-out in peaceful rural settings. Thanks also to Pat and David de Muth and their family for being gracious hosts. Thank you to Chris for helping with my tent, and to the three puppy dogs for their companionship.

Graham did a super job with the food, and Noreen came through with her birthday cakes for the May people. I hope to celebrate many more birthdays in Gabriola with Noreen's mother, Gwyneth.

We all owe a special thank you to Albert for driving the support wagon, and for taking two extra

side trips to accommodate the riders. Those of us who just rode, ate and enjoyed ourselves, salute you. Thank you sincerely, Connie Shaw.

CYCLING OBSTACLES - Bob Douglas

On June 1st two of our members had nasty falls, one requiring hospital treatment, when cycling across the highway 10 railway crossing just west of Cloverdale. That crossing is a bad one; the highway is narrow and busy, at places the rails are higher than the pavement, and the angle between the rails and the road is very acute. The Society has written to the Provincial authorities asking for improvements.

Please let the incident serve as a reminder to be wary of obstacles that are parallel or near parallel to the path of your front wheel; not only railway tracks, but ruts, ridges, sticks, hoses and cables.

CORRESPONDENCE

Back in the saddle again—almost. I could not resist the invitation from Al Hollinger to join him on the tandem, because on a tandem as you know, you don't have to use your hands, just your legs, if you choose to do so!

Oh, to feel the fresh air on your face, and smell the just cut grass along the road.

We peddled with our bicycle friends to Hatzik Lake close to Mission, to say goodbye and to wish everybody a good trip across Canada. We all hope to see them back at the end of summer. By then I hope to be on my new bike as well.

Again thank you all for the support I received. I would like to add that I'm very thankful towards my maker to be on the road again.

- Katryn Jeronimus.

After 22,000 miles, I arrived in Rome, N.Y. and I have spent five days resting, writing and buying a new camera to replace the one I lost in Minneapolis.

Today I have written about ten letters, just as well, it's raining outside. Tomorrow morning I leave for Lake Placid and Plattsburgh, and then on to Calais, Maine. From there I return to Blaine, Washington over an all U.S.A. route. I should be back in October before winter sets in.

I am having a great reception at about 95% of my overnight stops. Can I get word at Boston as to the whereabouts of the Seniors? Are they leaving the Eastern States at that time?

I am wearing a rib strap as my accident may have banged up a few ribs. The road edges recently have had many pot holes and cracks. Trying to avoid a bunch of jagged pot holes resulted in a hit from behind on my left-hand pannier. The bike survived,

but I had bruises that were attended to by an ambulance crew and the police.

It's been ten days since it happened, and my climbing of great hills in the Watkins Glen area was slightly painful.

Tomorrow I tackle the Adirondacks which will be a tough task, and then I'm aiming for the League of American Wheelmen Rally on July 2 to 6 at Kutztown, Pennsylvania.

Regards to all the Senior riders, may they enjoy the miles of summer which will soon be here.

- John Hathaway.

Editor's note: John Hathaway, a member of the CCCTS, has covered 22,000 miles to date during his 48-state bike tour of the United States. He has been on the road for 47 of an estimated 82-week total.

40051, S27, 905 Gordon Street,
Victoria, B.C., V8W 3N3.

Pete Lazenby, 921-8772
5821 Falcon Road,
West Vancouver, B.C., V7W 1W5.

Augusta Lee, 734-3933
108-1470 Pennyfarthing Dr.,
Vancouver, B.C., V6J 4Y2.

John McBride, 477-9435
3629 Doncaster Dr.,
Victoria, B.C., V8P 3W7.

Ben & Micheline McComb, 922-6970
5330 Meadfield Road,
West Vancouver, B.C., V7W 3E5.

WELCOME TO NEW MEMBERS

Welcome to the following members who joined the club in the first half of 1993. We apologize to those for whom this is a belated welcome.

Marjory Acton, 479-1799
35 Knollwood Rd.,
Victoria, B.C., V9B 1E4.

Lise Fournier Brooks, 819-827-2943
1095 Mountain Road,
Aylmer, P.Q., J9H 5E1.

Robert & Elma Chappell, 388-4696
1153 Bewdley Avenue,
Victoria, B.C., V9A 5N2.

Mini Driessen, 535-2770
99 - 2533 152nd Street,
White Rock, B.C., V4P 1N4.

James Erickson, 748-3369
2225 Quamichan Park Place,
Duncan, B.C., V9L 5E9.

Ronald L. Gilchrist, 986-3651
812 17th Street,
North Vancouver, B.C., V7L 2X1.

Bill Hannan,
1301 Ranchlands Road N.W.,
Calgary, Alta., T3G 1N2.

Russ & Diane Horsnell, 468-7310
Box 105,
Parksville, B.C., V9P 2G3.

Victor Keating, 727-2916

André Milaire, 872-4801
303-3196 Heather Street,
Vancouver, B.C., V5Z 3K3.

Robert J Miller, 263-3905
6350 Fremlin Street,
Vancouver, B.C., V5Z 3X5.

Maurice Leo Muloin, 656-8903
4-2365 Henry Ave.,
Sidney, B.C., V8L 2B4.

Joyce Noel, 987-6113
1135 W. 23 St.,
North Vancouver, B.C., V7P 2H2.

B. Oppeboen, 986-6616 984-5780
4132 Princess Street,
Regina, Sask., S4S 3N3.

Rolf & Sally Petersen, 384-6804
2880 Murray Drive,
Victoria, B.C., V9A 2S7.

Bill Richardson, 655-4108
27-1255 Wain Road,
Sidney, B.C., V8L 4R4.

William E. Smith, 381-5891
1A-200 Douglas Street,
Victoria, B.C., V8V 2P2.

Paul Ross & Anna Smythe, 879-7677
2489E 28Ave.,
Vancouver, B.C., V5R 1R5.

Carol-Ann Staples, 383-4495
459 Admirals Rd.,
Victoria, B.C., V9A 2N2.

Art & Joan Thompson,
RR1 Site 127 C8,
Port Alberni, B.C., V9Y 7L5.

724-1653

1993 TOURS

Payment for all tours should be made out to the CCCTS and 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. Participants must sign a waiver and agree to the financial rules.

Members are reminded that they should be in proper physical condition to undertake a tour and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Hawaii - completed.

Utah's Canyon Country - completed.

Arizona - cancelled.

California Wine Country - completed.

Go for the Gold - cancelled.

Gabriola Island - completed.

Holland - Italy - in progress.

Bay View - completed.

Cross Canada - in progress.

BC 93 - in progress.

Hurricane Ridge

Dennis Parsons 386-7226

To the top on August 2nd—B.C. Day.

South-Central Oregon August 2 - 12

John Philip 531-0260

A camping tour without a support vehicle.

Starting in Bend, Oregon we will go out to the high desert region and return to visit Crater Lake.

More details after the reconnaissance trip in July.

Participants: (6) John Philip, Dorothy Philip, George Setterfield, Anne-Marie Labourdette, Rob Curr, Augusta Lee.

Haida Gwaii (Queen Charlotte Islands)

August 10 - September 2

Elsie Dean 294-5834

We are now a happy group of 14, and although this is a comfortable number we can still accommodate others who might wish to join the tour.

Cost of tour will be \$400 plus ferry fares as follows: Adult Port Hardy to Prince Rupert \$90 plus bicycle \$6.50, or \$193 return. Prince Rupert to Haida Gwaii \$18 plus bicycle \$6. Total round trip \$241. Senior (65 and over) P.H. to P.R. \$56.30 plus \$6.50, P.R. to H.G. \$13.68 plus \$6. Total (senior) round trip \$164.96.

Please send in balance of \$400 immediately so that reservations can be retained.

Because of cancellations I had to cancel ferry reservations based on the 1992 rates and we are now paying the increased 1993 rates.

Reservations are made for support vehicle and camp sites. The schedule remains the same, and we are able to work a very flexible schedule while on the Islands, since campsite reservations are not necessary. We have been provided detailed maps and information from the Gwaii Haanas/Haida Gwaii Watchmen Parks Management.

It will be possible to charter a plane and boat to visit the world heritage site of Ninstints on the southern end of Gwaii Haanas. South Moresby Air Charters quotes a price: Air fare \$457.60 plus two hours wait time \$90 plus GST \$38.33 plus boat \$150 for a total of \$735.93. Cost per person: \$184 for 4; \$246 for 3. They will carry 4 passengers provided the fourth person weighs less than 130 pounds. Travel is by Cessna 185 and Zodiac boat.

Ninstints is a spectacular trip. Fly to Rose Harbour, then go by zodiac to Ninstints in 20 to 25 minutes: one hour guided tour and return. Two people are interested in going. If anyone else wishes to go please notify me by August 1st.

I will be away on the B.C. tour until July 30. Please contact me then if you wish to reserve for the visit to Ninstints or other activities you would like.

Looking forward to an interesting and enjoyable tour.

Participants: (14) Elsie Dean, John Peck, Victor DePaul, Theresa Keet, Monty Maundrell, Ron France, Roy Cushway, Midge Carlson, John Cameron, Corol Cameron, Lee Kraft, Anna Wiskerke, Cornelius Wiskerke, Jack Wilcockson.

Gabriola Island September 7 - 9

Dennis Parsons 386-7226

\$40 with \$5 non-refundable. 115 km from Victoria. Dinner and all next day's meals supplied. Tenting. Enjoy the Island. Ride back Thursday. Contact Dennis for further details.

Straits Circle September 13 - 28

Dennis Parsons 386-7226

Itinerary: Take Tsawwassen ferry to Swartz Bay - Victoria - Duncan - Nanaimo - Qualicum Beach -

Fanny Bay - Powell River - Madeira Park - Gibsons - Delta - Bellingham - La Conner - Port Townsend - Rest Day - Sequim - Victoria.

C'mon now folks! Look. I've reduced the price to \$495, and it could go lower once we've sorted out the bodies. It's only 50 kms a day and you'll feel better for it. This trip is going to be a very pleasant bash, so get your twenty bucks in by August 1st. If we have our number then we'll need the remainder by August 20th. If you can't get someone to room with give me a call—I do snore though!

Participants: (7) Dennis Parsons, Nick Roos, Alyce McKay, Joy McQuade, Rose Tanchak, Brian Lamb, Bert Davies.

New England September 9 - October 6

Ken Hanna (613)741-7968, John Philip 531-0260

A camping trip with a support vehicle starting and finishing in Ottawa, and going through New York State, Vermont, New Hampshire, northern Massachusetts, and Maine.

An itinerary has been sent to participants. A more detailed itinerary together with other information will be mailed out later.

The cycling tour starts from Ottawa on September 9 and returns there on October 6. Participants make their own travel arrangements to and from Ottawa.

The Ray Merness "self-contained" group has been cancelled due to lack of support.

Deposits will be returned to those on the waiting list who are not accepted for the trip.

The total cost is C\$700. Deposit of \$200 was required by May 15, with balance of \$490 by July 1.

Participants (\$210 deposit paid): (26) Ken Grieve, Ken Hanna, Joan Hutchison, Ray Merness, John Peck, John & Dorothy Philip, Roy Towler, Faye Wilson, Marion Orser, Sam Bigelow, Ken & Lee Kraft, Tage & Grethe Winckler, Doc Watson, Shirley Fisher, Dorothy Kennedy, Bruce Ross, Anker & Elizabeth Gram, Catherine Mick, Jim & Shirley Mae Jeffrey, Margaret Fyfe, Roy Barrows.

Driver: Ian Polley.

Waiting List : (9) Josie Zewiec, James & Yolanda Medves, Martine Donahue, Victoria Bernhardt, John Jones, Maurice Leduc, Ray Berg, Joan Herbert.

Arizona October 18 to 30

Bruce Hudson 248-4496

This is a motel and restaurant tour with a support vehicle. Cost of \$500 includes motels and lunches. We will start at Phoenix, wend our way south to Mexico and return to Phoenix, visiting Picacho, Tucson, Benson, Tombstone, Douglas, Sierra Vista, Nogales and Coolidge.

Limited to 20 participants. A \$10 deposit gets you on the tour list. Balance of \$490 required by September 1.

Participants: (4) Bruce Hudson, Bernice Gregory, Albert Redford, Noreen Redford.

Florida

This tour has been postponed until next year.

1994 TOURS

Hawaii (The Big island) 1994 January

John Peck 538-0195.

Again a 14 day unsupported circular tour. Limited to 20 participants.

Participants: (12) John Peck, Mathilde Klassen, Anne-Marie Labourdette, Mike Kelly, Georgette Courchesne, Roy Cushway, Jack Wilcockson, Bernice Gregory, Anne Ives, Keith Clothier, Albert Redford, Noreen Redford.

Utah's Canyonlands 1994 April 10 to 27

John Philip 531-0260

This 600 mile, 17 day circuit around the canyon country in southeastern Utah will be a loaded camping trip with a flexible itinerary and without a support vehicle.

A repeat of the 1993 tour with improvements.

Itinerary: Moab - Arches National Park - Green River - Hanksville - Capitol Reef National Park - Hite Marina - Fry Canyon - Natural Bridges - San Juan Goosenecks - Mexican Hat - Monument Valley - Bluff - Blanding - Monticello - Moab.

Participants: (5) John Philip, Dorothy Philip, Joan Enman, Roy Towler, Pete Lazenby.

Turkey, Bulgaria, Hungary & Austria 1994

April 16 to May 21 (36 days inclusive)

Lynn & Chuck Dick 261-5092

Limited to 20 participants in good physical condition.

Cost: \$4900 Cdn. Includes: Airfare, train and ferry fares; airport transfers and portorage; 27-seat air-conditioned mini-bus throughout the Turkey portion; van for luggage and bicycles; all entrance fees to historic sites; hotels (3 star rating); breakfasts and dinners (minimum).

Does not include: Cancellation insurance; dinners in Budapest and Vienna; four dinners in Istanbul; one dinner in Izmir and one in Ankara; drinks at meals; personal expenses; lunches (perhaps we can make local arrangements).

Only those members who definitely intend to go on the trip are requested to submit their names. If for any reason you change your mind, please notify the office or the coordinators immediately. A deposit of \$500 is due by **December 1, 1993** (note change), and is non-refundable. You must purchase cancellation insurance.

Note: As with our China trip we have had to work with a reputable, and knowledgeable travel agency. You will find the price the lowest possible trip cost for a specially prepared itinerary. We feel you will enjoy the variety of experiences and the use of multi transportation. A detailed itinerary, a booklet specially prepared on points of interest, and maps (where applicable) will be supplied to participants.

This trip comes under the heading of an "adventure" and even although we will be well prepared there is always the unexpected. Those of us who were on our Alaska trip will recall the "truck" adventure.

Some days will be all bus, train, plane or ferry; many will be bus and cycle; many will be cycle only; and some will be rest days. All days will be busy ones. We take our own bicycles, so we have maximum flexibility in the cities.

The tour has been planned carefully to maximize the opportunity to see and to visit ancient historical sites; to experience the cultures of the countries we visit; to see and to experience the scenery, and climate, and to sample life as it is today in these regions. With over a year of major planning behind us, we are left with the nagging details of lists of what to take, what to do, what shots, what to wear, how much historical and other detail for the booklets? Road bike, cross bike, mountain bike, or just plain comfortable bike? The logistics of bus and cycle travel in the same day, etc., etc. We have ten more months to solve those.

We recommend two things—one for Vancouverites and one for other members anywhere in Canada:

Vancouverites—visit Wanderlust store at 1929 West 4th Avenue for books, pamphlets, and maps, or write to Tony at Wanderlust.

Other members—write and request package from Turkey, Office of the Tourism Attache, 821 United Nations Plaza, New York, N.Y. 10017. Tel. (212) 687-2194. Fax. (212) 599-7568.

Itinerary: Ankara - Istanbul - Varna - Kavarna - General Toshevo - Debrich - Shoumen - Veliko Tournovo - Lovech - Sofia - Budapest - Esztergom - Tata - Gyor - Mosonmagyaróvár - Petronell - Vienna.

Participants: (6) Chuck Dick, Lynn Dick, Rowan Ley, Shirley Fisher, Monty Peters, Elsie Dean.

The Dempster Highway 1994 June 1 to 17
John Philip 531-0260

A repeat of the successful 1989 tour.

This will be a camping tour with a support vehicle. The Dempster Highway is a gravel road which starts near Dawson City in the Yukon, and goes 750 km to Inuvik in the Northwest Territories. A mountain bike is recommended.

Participants: (12) John Peck, John Philip, Dorothy Philip, Ken Grieve, Elsie Dean, Faye Wilson, Joan

Enman, Bruce Hudson, Marion Orser, Bob Miller, Russ Horsnell, Diane Horsnell.

Cross America

This tour has been postponed until 1995.

Marion Orser 737-8483.

Participants: (12) Richard Lebek, Chuck & Lynn Dick, Theresa Green, Mario Lovricic, Raynel Mer-ness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes.

Switzerland 1994

Approximate dates: August 17 to September 7.

Andre Kaufmann 581-3923

Limited to 12 participants.

Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Horst Hees, Margaret Fyfe, Roy Barrows, Mario Lovricic, Andre Milaire.

Waiting List: (2) Dennis Scolah, Freda Scolah.

Oregon Trail 1994

Ted Stubbs 321-2784.

Two weeks in late June.

Participants: (3) Ted Stubbs, Pat Stubbs, Joan Enman.

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 or Bob Douglas 435-3893.

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 (not 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.

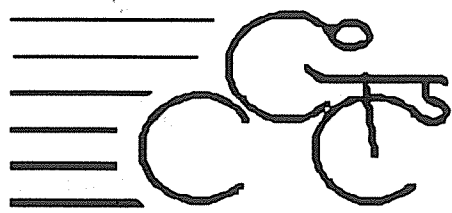
VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

CALGARY WEEKLY TRIPS

Sundays: Meet at 9:30AM at Priddis store. Contact Bob Jordan 931-3227.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 7

August 1993

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

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. Most of our present membership is age 50 and over.

Membership fees are \$20 single and \$30 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by August 30.

President	Fax: 538-0195
John Peck	538-0195
Vice-President	
Noreen Redford	592-1865
Treasurer	
Bob Douglas	435-3893
Recording Secretaries	Fax: 655-3113
Art & Brenda Borron	652-5990
Newsbrief Editor	
John Philip	531-0260
Membership Secretaries	
Rowan Ley	731-6478
John Jones	538-6172
Equipment Managers	
Ian Polley	531-6955
Chuck Dick	261-5092
Social Conveners	
Georgette Courchesne	940-0010
Lynn Dick	261-5092
Vancouver Island Representative	
Dennis Parsons	386-7226
Office Managers	
Roy Towler	594-7121
Ted Stubbs	321-2784

PRESIDENT'S CORNER - John Peck

There was rain almost every day on the BC 93 tour, but it was enjoyable despite that. We surmounted many mountain passes: Joffre Lake, Yellow

Head, Sunwapta, Bow Summit, Rogers Pass, Coquihalla, but the worst of them is not even on this list. Perhaps few of us know that the Rogers Pass is 1330m, the Coquihalla is only about 1200m, but these two are low compared to the Okanagan Connector, where the Pennask Summit is around 1700m. When you cycle from Kelowna to the top of this pass, the total climbing is 1620m (or over 5000 ft), because the first climb is lost due to a downhill run, and then the real grind begins. That may have been our most exhausting day.

There has been a good discussion about a change of name. The arguments against a change have not, to me, been impressive, but there appears to be enough opposition to kill the idea. Perhaps our best solution, as Danielle Laidlaw of Cycling BC suggests, is to keep the name and then use a more appropriate alternate working name, perhaps on our Newsbrief header.

When you read this the annual picnic may be over, the Cross Canada people will have passed through Ottawa, and the Haida Gwaii tour will be imminent. We have grown a lot in the ten years of our existence, with a wide variety of tours to offer. Can you imagine how many tours will be offered in the year 2020, and the number of members we will then have?

SOCIETY NAME CHANGE?

Just a short note to add to the many others re a name change. It would entail the cost of changing the stationery letter heads, and of sending out "change of address" cards, etc.

I wouldn't appreciate having to buy new jerseys when the two I have are in A-1 shape. I'm proud to tell people that I belong to the best cycle touring society in B.C. Everywhere we go—even abroad—we have made our presence known, so why change the name?

—Noreen Redford.

We the undersigned are writing to add our collective votes to those who do not want the name of our society changed.

We are members currently on the Anniversary Cross Canada Tour.

Our membership is made up of people from coast to coast, however not all our members are "seniors". As such, we oppose the addition of the term "senior" to the name of our Society. We have been known as the Cross Canada Cycle Tour Society for the past ten years so let's keep it that way. The addition of the term "senior" to our name may result in some of our younger members no longer wishing to remain affiliated with the group and may discourage new members from joining.

—Bobbie Redmond, Vernon Patterson, Rae Wohlschlegel, Marthe Lambert, Donna Nichols, Jim Wolff, Leila Montgomery, Bryson Braziel, Marie Hackinen, Bill Hannan, Ben Kihiman, Horst Hees, Jim Beattie, Marg Lemieux, Joan Engman, Earl Wilkins, Peter Cordini, Barton Howes, Faye Wilson, Gerry Sutherland, Lisa Brooks.

I read in your newsletter where the Cross Canada Cycle Tour Society is having the late, great, name-change, debate. If you are interested, I would like to give you my perspective on name changes having recently gone through this for Cycling BC.

In a few words—don't do it, if you don't have to. I am being a little facetious, in that you may feel that your group has evolved to a point where you want to make a statement about a change in focus or something like that, or you may find your registered name a little unwieldy. However, it is expensive and very time consuming to change your name. And all the work that you have done to try to promote your organization will be somewhat undone.

You should know that you can use a working name, in your case, Cycling BC refers to you as "The Seniors". You only have to be careful that you aren't using a legal name used by someone else or else you may be told to cease and desist. And, the other drawback of going that route is that no one can find you in the phone book or other directories where you might be listed.

When the Cycling BC Board of Directors decided to change the name of the Bicycling Association of BC to Cycling BC, they agreed that we would use up all our old letterhead, all our stock, etc. to keep down our costs. However, we still had to replace all the banners and promotional materials that we had used, plus the expense of registering the name and all the little things that you don't think about.

So, if you really need to, then do it. But if you don't, then don't. Cheers,

—Danelle Laidlaw, Executive Director, Cycling BC.

WINE COUNTRY TOUR - John Peck

We left Vancouver in early May, driving our cars to Cloverdale, California in two days. It was interesting to observe that the rainy weather followed us all the way through Washington and Oregon, only turning to bright sunshine after crossing the California border. Arrangements were made to leave the cars at the Cloverdale KOA, where we camped for the night.

Our first few days were spent in the wine valleys of the Russian River and the Napa River. In fact, there was a stop, on the first day, at a winery in Healdsburg, where we ate our lunch in an attractive garden, waiting for a tour of the winery to begin. The day was hot, so we were lightly dressed. To our discomfort, the interior of the winery was cool, as we should have anticipated, but it was too late to go back for warmer clothing.

As we walked past the many wine vats, both metal and wood, we were taught about the art of wine making. Red wines are fermented with the skins, while white wines are fermented without skins, we were told. We also were intrigued by the many adjectives used to describe wine: complexity, subtlety, clarity, dryness, finesse, silky palette, tobacco nose. We wondered whether these words conveyed the same image to all wine drinkers. Our tour guide kept asking whether we had questions, and we, shivering as we waited, hoped that there were none, but our hopes were dashed. Eventually, as the goose pimples struggled to retain warmth for us, we were mercifully released to the hot weather outside. We walked into the tasting room, where goblets were placed in front of us with the message that our tour guide would be there to discuss the wines. Since we had heard enough from him already, we hurriedly escaped and decided to buy our wines in the supermarket instead.

For me, this was the first and only visit to a winery. We preferred just to marvel at the extent of the vineyards and the interesting names given to the many estate wineries on the way.

The next phase of our tour took us to Sacramento, where a day was spent looking at the old town. Then came the ride up the Sacramento Valley, a very wide dry valley running north behind the coast mountains. Here were some long days, one of 120km, but fortunately without serious hills. Of interest was the observation that much of the valley is used for rice growing. Since each of the rice paddies were clearly maintained by irrigation, one wondered whether this was the best use of precious water in so dry a region.

In a small town our leader collided with his wife, unaware that she had stopped at a traffic light. He fell to the road, cracked his helmet, and woke up in an ambulance on the way to hospital. Fortunately the

helmet saved the day, and despite being told to rest, Ted cycled the 120km of the next day's ride.

From the Sacramento Valley, our route took us back over the coast mountains to the Redwood area. The first day of this ride was hot and hilly. Most of us considered it a tough ride, especially since there was no shade from the hot sun. But, in another day, we were riding through the cool Avenue of the Giants, marvelling at the majesty of the tall redwood trees.

From the redwoods we turned to the coast and enjoyed the changing vistas of the northern California shore line. A short stop at a bakery in Mendocino was memorable.

But there was still the climb back over the coastal mountains to our starting point at Cloverdale, another day which was mostly hard work, followed by plenty of downhill.

The tour was unusual for two things: wine on the house for dinner most evenings, and good quality bread every day.

Ted and Pat Stubbs are to be congratulated. They gave us a bit of everything: wine country, the Sacramento Valley, the redwood forests, and the California coast. True to form, Ted chose a route where there had been a drought, and as usual, the drought broke while we were there. At one point, after three nights in the rain, there was mutinous talk of finding a motel, but then the weather cleared and we forgot about such thoughts.

CROSS CANADA TOUR 1993

- Joan Engman & Marge Lemieux.

June 23rd was a cyclist's dream—the cruel, relentless wind that we had faced the previous day changed direction and pushed us during our 144 km ride to our next campsite at Besant. The strongest cyclists arrived there in four hours.

The following day as we headed to Regina, we had a taste of all the prairie climates. We started in rain, then the sun shone brightly, and we became mesmerized with the seemingly endless straight road. Then the day's ride climaxed in misery—cold, hail and strong winds drove us into our campsite. But the evening was to be very special. A huge dome-shaped hall was provided for our supper. Lisa Brook's nursing classmates and previous neighbours, and Bobbi Redmond's daughter, Oneta, brought numerous hot and cold supper dishes and scrumptious desserts, and the brewery donated beer. Two of Regina's local politicians, Suzanne Murray, MLA, and Wally Coates, councillor for the City of Regina gave us an official welcome along with two remembrance pins—a wheat sheaf, which is Saskatchewan's symbol, and a Regina pin. Lise's brother, Gerard Fournier, spoke of the problems and

successes of farming in Saskatchewan, and left us with a better understanding of this province's major industry. The hurricane-like winds continued into the evening making it impossible to set up our tents. Some of the group booked into motels, others accepted offers of homes, and Vivian Basaraba, owner of the campground, invited the remainder to sleep in the hall. These kindnesses by the people of Regina make one feel very humble.

The next day dawned with the storm still raging, but that did not deter the CCCTS cyclists. With the exception of four who gratefully accepted rides, the others battled nature's forces—at times on narrow road allowances with the heavy trucks adding their toll to a very difficult cycle. A sense of accomplishment prevailed in camp that evening.

Our next few days offered special prairie scenes, such as the red fox boldly eyeing us a short distance from the road, the little train right on the horizon appearing like a toy (how deceptive prairie distances are), the alkali lakes with a variety of birds—we could only identify the sandpiper, and an unusual, exquisite cactus in bloom. Cycling the prairies allows you time to achieve a feeling of its vastness and special beauty.

Portage La Prairie was Faye Wilson's last cycle with the 1993 Cross Canada team. In this group of unique individuals each with their special contributions Faye was a favourite. "Are we having fun yet?" was her frequent comment when conditions got tough. Faye's mother and neighbours lightened our low feelings by inviting us to set up our tents on their lawns, and to have hot showers with confidence that the water would not turn off just as we sudsed up. They brought forth home-made wine, appetizers, and scrumptious desserts along with some great fiddle music. It was a special night thanks to the Queen Street Kids and their parents. In honour of Faye, Leila Montgomery composed the following song to be sung to the lyrics of Guyana's National Anthem.

THE CYCLING BUDDY'S SONG

Born in this land of great mountains and lakes,
To Halifax we will pedal no matter what it takes.
We bike through wind, hale and rain,
But keep on pedalling although we're in pain.
Chorus:
Onward, upward every day we go,
Day by day in strength and beauty grow,
Friendships blossom every mile we ride.
It is nice to have your buddy riding by your side.

We look forward to the BUDGET van
For our cookies and coffee can.
When we want a pit stop and can't find a can,
Then we look for a little bush to hide our touche.

So many things to overcome,
Flat tires, bears, and scorching sun,
Cooking and washing always gets done,
'Cause doing it together makes it fun.

Our next day of cycling through hefty winds brought us to Winnipeg and a well deserved REST day. Despite the cold rain, a few ventured to the Forks, where the Red and Assiniboine Rivers meet. Here one can walk the promenade, select the foods of different nationalities, and enjoy many specialty shops. Lise and Marthe managed to beg large garbage bags to rain-proof their adventure there.

Jim Beattie has been our replacement driver and we've enjoyed his excellent, thoughtful service. Thanks, Jim. We're glad to have him back cycling with us as Ian Polley, our new wagonmaster took over in Winnipeg.

We chose to cycle the scenic route, highway 15, from Winnipeg, and we were rewarded by the quietness of a country road and the views of well-kempt acreages. The scenery became more lovely as we entered the Lake of the Woods area. What a treat to again be cycling hills, although we soon tired of the roller-coaster highways we experienced during the next five days.

The meadowlark's melody, which followed us across the prairies, has been replaced by the shrill but inviting song of the white-throated sparrow. The wild flowers—white daisies, yellow buttercups, devil's paintbrushes and breathtaking lupines—are now on the sides of the roads.

The cycling became more difficult with little or no road allowances for bikes and with the increase in heavy truck traffic. Such a pity to be under stress in this gorgeous Northern Ontario environment. Earl Wilkins in an attempt to avoid a large truck, which was passing another truck, hit the deep, soft gravel. His front wheel dug in, and as he fell the handlebar cut into his quadricep muscle. The wound was attended to and he continued biking. In general, truckers and motorists have been very considerate of our needs. They also continue to give us a friendly honk as they pass.

The rains continued, and in Upsala Gerry and Jim Beattie manoeuvred to have a church available for a dry night of sleeping. Thanks to this extra effort and to an Italian supper with all its needed ingredients, there was a special feeling of comradeship and well-being that night in the church.

The beautiful Kakabeka Falls was our next campsite and provided the photo opportunity we had all been waiting for—clear skies, lovely environment and a warm evening. The following day we arrived at our half-way point, Thunder Bay, Ontario.

(To be continued).

LOST VIDEO TAPE

A video tape changed hands at the 1992 Spring Social. Someone may have picked it up in error. It is called "LEARN TO RACE" and it belongs to the Bicycling Association of B.C.

If you have seen it please call Noreen Redford collect at 592-1865, or Ella Laramee at 274-5554.

CYCLING THE BAJA - Mario Lovricic

I sailed the Pacific side of the Baja California peninsula some 26 years ago. The people I met there at that time, the rugged appearance of the land, and the desire to know what it was like further inland, made me want to go back again, which I did, this past winter.

The tour I went with was not one of ours. Except for one person, they were all younger than me, and we did not have the comfort of a cooking shelter, nor the strict sanitary conditions our tours are known for, but it was fun and certainly worth doing.

The Baja is a 1700 kilometre long, very mountainous peninsula. It is mostly semi-desert, most of the plants are some kind of prickly cactus, and water is scarce, but where it is available, the desert is turned into lush and very productive agricultural farms. I believe most of our tomatoes come from there.

After one leaves Ensenada, the villages are few and far between, although about every 50 kilometres one runs into a "rancho" which will provide you with a delicious meal at no great cost. Since the water is not very good, beer is what we drank most, and Mexican beer is very good.

We crossed the peninsula from the Pacific coast to the Sea of Cortez about five times, and the climbing was very hard. Of all the bike trips I've taken this one was the most arduous. The roads are not bad, although there is little or no shoulder, and the native drivers are very good. They slow down and give you a wide berth. Not so the tourists, but that's another story.

The local people are marvellous. They smile, they help, and they are very friendly with no ulterior motives. The sea food is also very good, since being on a peninsula there is plenty of it, and it's fresh. You wait a bit longer for your meal, but it's delicious when it arrives.

The beaches are beautiful, and most of them are free. Of the towns and cities we visited La Paz is my favourite. The real Mexico is friendly, colourful, old and sunny. Cabo San Lucas? When I was there with my sailboat the beach was deserted with no houses or people. Now it's like Waikiki with hotels and tee shirt stalls every few feet. Me no like! Back to La Paz I went for my last four days in the Baja. Again it was an arduous but interesting adventure. It is not

meant for a weekend rider. Was it worth it? Yes. Would I do it again? Yes, but next time with my camper, and for about three months. What a place to spend three months exploring in the warm sun, while it's raining like mad in B.C.

MOUNTAIN BIKING - John Philip

I must confess to the ultimate heresy—I went out and bought a mountain bike.

I had a 15-speed Norco touring bike when I joined the club in 1984 to go on the Australia tour, and then in 1990 I upgraded to a Miyata 1000 touring bike. It was after the Miyata was stolen last September from a campsite in Abiquiu just north of Santa Fe in New Mexico that I bought the mountain bike.

Several club members have asked me why I committed this dastardly crime, so I thought I would take this opportunity to set the record straight.

I like the stability and quick steering response of a mountain bike, and in particular when I'm on a narrow road, and I have to get off the pavement in a hurry on to the gravel shoulder as two large trucks are approaching from opposite directions, and I can see that the three of us are going to meet in the same place, I find I can run onto the gravel more easily

It's convenient to be on a mountain bike while on tour when you unexpectedly encounter a 17-mile stretch of highway which is in process of being repaved, and which includes extended stretches of gravel. This happened when we were on tour in Utah in March, and later when we got to the dreaded Moki Dugway—a road which switchbacks down the face of a 1,100 foot escarpment—we had to ride down about two miles of steep gravel. This was a thrilling experience which was made more comfortable for me on a mountain bike. In the same vein when on tour I feel more comfortable taking extended trips off the main road on gravel side roads.

I bought a lightweight aluminum mountain bike—a Cannondale M2000. With added fenders and front and rear racks it weighs 28.5 lbs., about the same as my wife Dorothy's Miyata 1000, which is a steel-framed touring bike with similar equipment.

I have taken off the standard knobby tires, and replaced them with 1.5 inch smooth tires for use on pavement. They work fine on most gravel, but I'll put the knobbies back on for the Dempster.

The gearing on this bike is 46-36-24 on the front, and it has a 30-13 cluster at the back. I find this set-up ideal for self-contained touring, and it's a great boon to have the 24 to 30 granny gear at the end of a day's ride when you're faced with a long uphill grind to the campsite, which also happened in Utah.

One disadvantage may be that the frame on a mountain bike is stiffer than on a touring bike, although I don't have any problems with this. It

might help to install a flexstem at the handlebars, but I don't believe that installing those new front fork suspension systems would be advantageous for touring even on gravel. Some of the latest mountain bikes have them, so that they can be ridden over rocks and stumps, but in bouncing up and down they probably suck up energy which would be better employed going into forward motion.

I have horns installed on the ends of the straight handlebars—in fact Ray Wilkinson thinks it looks more like a longhorn steer than a bike—so I have three hand positions, and therefore don't miss the drops, since I seldom used the lowest hand position on the drops anyway.

The mountain bike may be a bit slower on pavement than the touring bike, although I don't notice much difference, since I'm not into hurrying when on tour, but prefer to spend more time out on the road exploring the countryside and stopping to smell the roses.

To sum up, I find the mountain bike a good choice for self-contained touring, and it serves my purposes admirably when I'm cycling around in South Surrey where I live.

And for the young at heart—I hope to see you on the Dempster Highway next June on your mountain bikes.

CORRESPONDENCE

Enclosed please find \$25 for Dennis Parson's next due CCCTS membership fee. This is to show the appreciation of all the members of our 1993 tour across Canada. We appreciate all the work and planning Dennis did for this trip, and we expect it may not have got off the ground without him, and also without the help of Leo Comeau.

With his unique personality and wit Dennis created a relaxed and friendly atmosphere which we hope to carry to Halifax with us.

He also delegated well so that everything has fallen into place, and the trip should continue successfully to Halifax under Gerry Sutherland's able management.

—Rae Wohlschegel on behalf of the 1993 Cross Canada Tour members.

My name is Matt Cumming, and I just finished cycling from Boston to Seattle via B.C. and Vancouver, and I met some energetic, friendly and downright inspiring cyclists along the way. They're members of your organization and they're all about 70 years or older.

To all of you whom I met, you're all beautiful people and I truly appreciate your hospitality, and I hope to see you some time again on the road. Love,

—Matt.

1993 TOURS

Payment for all tours should be made out to the CCCTS and 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. Participants must sign a waiver and agree to the financial rules.

Members are reminded that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Hawaii - completed.

Utah's Canyon Country - completed.

Arizona - cancelled.

California Wine Country - completed.

Go for the Gold - cancelled.

Gabriola Island - completed.

Holland - Italy - completed.

Bay View - completed.

Cross Canada - in progress.

BC 93 - completed.

Hurricane Ridge - completed.

South-Central Oregon - cancelled.

Haida Gwaii (Queen Charlotte Islands)

August 10 - September 2

Elsie Dean 294-5834

We are now a happy group of 12, and although this is a comfortable number we can still accommodate others who might wish to join the tour.

Cost of tour will be \$400 plus ferry fares as follows: Adult—total round trip \$241. Senior (65 and over)—total round trip \$164.96.

Reservations are made for support vehicle and camp sites. The schedule remains the same, and we have a flexible schedule while on the Islands, since campsite reservations are not necessary.

It will be possible to charter a plane and boat to visit the world heritage site of Ninstints on the southern end of Gwaii Haanas. Cost per person: \$184 for 4; \$246 for 3. Travel is by Cessna 185 and Zodiac boat.

Ninstints is a spectacular trip. Fly to Rose Harbour, then go by zodiac to Ninstints in 20 to 25 minutes for a one hour guided tour and return. Two people are interested in going. If anyone else wishes to go please notify me as soon as possible.

Participants: (12) Elsie Dean, John Peck, Victor DePaul, Theresa Keet, Monty Maundrell, Roy Cushway, Midge Carlson, John Cameron, Lee Kraft, Anna Wiskerke, Cornelius Wiskerke, Jack Wilcockson.

Gabriola Island September 14 - 16

Dennis Parsons 386-7226

This tour ties in with the Straits Circle tour below.

\$40 with \$5 non-refundable. 115 km from Victoria. Dinner and all next day's meals supplied. Tenting. Enjoy the Island. Ride back Thursday. Contact Dennis for further details.

Straits Circle September 13 - 28

Dennis Parsons 386-7226

Itinerary: Take Tsawwassen ferry to Swartz Bay - Victoria - Duncan - Nanaimo - Qualicum Beach - Fanny Bay - Powell River - Madeira Park - Gibsons - Delta - Bellingham - La Conner - Port Townsend - Rest Day - Sequim - Victoria.

C'mon now folks! Look. I've reduced the price to \$495, and it could go lower once we've sorted out the bodies. It's only 50 kms a day and you'll feel better for it. This trip is going to be a very pleasant bash, so get your twenty bucks in by August 1st. If we have our number then, we'll need the remainder by August 20th. If you can't get someone to room with give me a call—I do snore though!

Participants: (8) Dennis Parsons, Nick Roos, Alyce McKay, Joy McQuade, Rose Tanchak, Brian Lamb, Bert Davies, Eva Folk.

New England September 9 - October 6

Ken Hanna (613)741-7968, John Philip 531-0260

A camping trip with a support vehicle starting and finishing in Ottawa, and going through New York State, Vermont, New Hampshire, northern Massachusetts, and Maine.

An itinerary has been sent to participants. A more detailed itinerary together with other information will be mailed out soon.

The cycling tour starts from Ottawa on September 9 and returns there on October 6. Participants make their own travel arrangements to and from Ottawa.

Deposits will be returned to those on the waiting list who are not accepted for the trip.

The total cost is C\$700. Deposit of \$200 was required by May 15, with balance of \$490 by July 1.

Participants: (26) Ken Grieve, Ken Hanna, Joan Hutchison, Ray Merness, John Peck, John & Dorothy Philip, Roy Towler, Faye Wilson, Marion Orser, Ken & Lee Kraft, Tage & Grethe Winckler,

Doc Watson, Shirley Fisher, Dorothy Kennedy, Bruce Ross, Catherine Mick, Jim & Shirley Mae Jeffrey, Margaret Fyfe, Roy Barrows. Josie Zewiec, Martine Donahue, John Jones.

Driver: Ian Polley.

Waiting List: (4) Maurice Leduc, Ray Berg, Joan Herbert, Barton Howes.

Arizona October 18 to 30

Bruce Hudson 248-4496

This is a motel and restaurant tour with a support vehicle. Cost of \$500 includes motels and lunches. We will start at Phoenix, wend our way south to Mexico and return to Phoenix, visiting Picacho, Tucson, Benson, Tombstone, Douglas, Sierra Vista, Nogales and Coolidge.

Limited to 20 participants. A \$10 deposit gets you on the tour list. Balance of \$490 by September 1.

Participants: (4) Bruce Hudson, Bernice Gregory, Albert Redford, Noreen Redford.

Florida

This tour has been postponed until next year.

1994 TOURS

Hawaii (The Big island) 1994 January

John Peck 538-0195.

Again a 14 day unsupported circular tour. Limited to 20 participants.

Participants: (11) John Peck, Mathilde Klassen, Anne-Marie Labourdette, Mike Kelly, Georgette Courchesne, Jack Wilcockson, Bernice Gregory, Anne Ives, Keith Clothier, Albert Redford, Noreen Redford.

Utah's Canyonlands 1994 April 10 to 27

John Philip 531-0260

This 600 mile, 17 day circuit around the canyon country in southeastern Utah will be a self-contained camping trip with a flexible itinerary and without a support vehicle.

A repeat of the 1993 tour with improvements.

Itinerary: Moab - Arches National Park - Green River - Hanksville - Capitol Reef National Park - Hite Marina - Fry Canyon - Natural Bridges - San Juan Goosenecks - Mexican Hat - Monument Valley - Bluff - Blanding - Monticello - Moab.

Participants: (8) John Philip, Dorothy Philip, Joan Enman, Roy Towler, Pete Lazenby, Marion Orser, Ray Wilkinson, Kathy Wilkinson.

Turkey, Bulgaria, Hungary & Austria

1994 April 16 to May 21 (36 days inclusive)

Lynn & Chuck Dick 261-5092

Limited to 20 participants in good physical condition.

Cost: \$4900 Cdn. Includes: Airfare, train and ferry fares; airport transfers and portorage; 27-seat air-conditioned mini-bus throughout the Turkey portion; van for luggage and bicycles; all entrance fees to historic sites; hotels (3 star rating); breakfasts and dinners (minimum).

Does not include: Cancellation insurance; dinners in Budapest and Vienna; four dinners in Istanbul; one dinner in Izmir and one in Ankara; drinks at meals; personal expenses; lunches (perhaps we can make local arrangements).

Only those members who definitely intend to go on the trip should submit their names. If for any reason you change your mind, please notify the office or the coordinators immediately. A deposit of \$500 is due by **December 1, 1993**, and is non-refundable. You must purchase cancellation insurance.

As with our China trip we have had to work with a reputable and knowledgeable travel agency. You will find the price the lowest possible trip cost for a specially prepared itinerary. We feel you will enjoy the variety of experiences and the use of several kinds of transportation. A detailed itinerary, a booklet specially prepared on points of interest, and maps will be supplied to participants.

During the tour some days will be all bus, train, plane or ferry; many will be bus and cycle; many will be cycle only; and some will be rest days. All days will be busy ones. We take our own bicycles, so we have maximum flexibility in the cities. See the itinerary below for what we plan to do each day.

For more details regarding this tour see the July Newsbrief.

Itinerary:

Apr 16: Leave Vancouver—4:00 pm—KLM 686.

Apr 17: Arrive Amsterdam—12:10 pm.

Leave Amsterdam—7:00 pm—KLM 507.

Arrive Istanbul—11:20 pm.

On arrival in Istanbul we will be transferred to the Dallas Hotel for three nights. We leave April 20.

Apr 18: Tour Istanbul by coach.

Apr 19: Cycle around Istanbul.

Apr 20: Board the Yalova ferry—Cycle to Iznik 61km—Bus to Bursa 75 km.

Apr 21: Bus to Sevketiye 155 km—Cycle to Cannakkale—sightsee—cycle to Guzel Yali for overnight 75 km.

Apr 22: Bus from Guzel Yali to Troy—sightsee—bus to Dikilli 85 km—cycle to Ayvalik 83 km.

Apr 23: Bus to Bergama (Pergamum) 65 km—cycle to Aliaga 49 km—bus to Izmir 124 km.

Apr 24: Bus to Ephesus to arrive early am 81km.

No cycling today or cyclists may circuit 91 km along the coast and inland if Ephesus doesn't interest them.

Apr 25: Cycle to Altinburn 82 km—bus to Bodrum 125 km.

Apr 26: Bus to Milas 45 km—cycle to Marmaris 120 km.



VOL. 10 NO. 8

September 1993

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The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$20 single and \$30 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by October 12.

President	Fax: 538-0195
John Peck	538-0195
Vice-President	
Noreen Redford	592-1865
Treasurer	
Bob Douglas	435-3893
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Art & Brenda Borron	652-5990
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John Philip	531-0260
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Equipment Managers	
Ian Polley	531-6955
Chuck Dick	261-5092
Social Conveners	
Georgette Courchesne	940-0010
Lynn Dick	261-5092
Vancouver Island Representative	
Dennis Parsons	386-7226
Office Managers	
Roy Towler	594-7121
Ted Stubbs	321-2784

and her band of helpers: Eva Folk, Grethe Winckler, Freda Scolah and Ken Brothers. Dorothy Philip did her usual thorough job of collecting the money. In contrast to last year's damp conditions, the event took place in warm, sunny weather, and the proceedings were enjoyed by 73 members and guests, and three dogs.

Don't forget the annual banquet which is on Friday November 19 and the Annual General Meeting the next day. Mark these two on your calendar. A slate of proposed directors will appear in the November Newsbrief, representing the best efforts of our selection committee. If you know someone who would make a good director, please let the selection committee know. They are: Dennis Parsons, Chuck Dick, Noreen Redford. Those willing to devote time at our office, or those willing to lead tours are especially welcome on the board of directors. Nominations will be allowed from the floor, if you have the permission of the nominee, but it is much better to suggest the name to our selection committee.

A few members have recently submitted incorrect amounts in renewing membership, either paying upcoming rates too soon or submitting the current rate for our next fiscal year. The upcoming rates approved at our last general meeting are \$25 single and \$35 family, effective 1993 November 1. If your address label shows 1993-10, or later, expiry renewal should be at the new rate.

CROSS CANADA TOUR 1993

- Joan Engman & Marge Lemieux.

On July 8th as we were escorted from the prairie provinces by Meadow Larks, Red-winged and Yellow-headed Blackbirds, Killdeers, and Swallows we were met by the White-throated Sparrows known by the locals as "Mr. Peabody." Their song Peabody - Peabody followed us from morn until late evening—how joyful it was!

The highway narrowed and gravel shoulders made

PRESIDENT'S CORNER - John Peck

The Annual Picnic held on Wednesday, August 4 at Deas Island Park was an unqualified success due mainly to Social Convener, Georgette Courchesne,

their appearance—not easy to cycle on.

We were billeted at Thunder Bay's Lakehead University for two days, a welcome relief from the continuous cold, rain, wind and insects, which had plagued us since leaving "Mile 0" in Victoria, B.C.

We welcomed dry beds, university fare, and hot and cold showers. Bikes were in need of repair, tents and sleeping bags were stretched out on the lawns to dry in the welcome sunshine, and a leisurely afternoon was spent in the sun with fellow cyclists relating and discussing events of the days past.

On July 10th we rose to a sunny morn, "Yes, it really is sunshine," we vacated the Lakehead University, and our participants headed east on Route 17 toward the Terry Fox Memorial. There was a feeling of pride and admiration amongst the group as we stood together for pictures, remembering a brave Canadian who had suffered more pain than we could ever realize, as he struggled towards his goal.

A sunny ride to Nipigon was enjoyed by all with "Mr. Peabody" leading the way, and with beautiful white daisies growing in profusion beside the road.

The next day again saw rain and mist, and Lake Superior now appeared alongside—most of the time shrouded by mist. We did enjoy some beautiful places to park our bicycles, sit down on the banks of the great lake, converse, and enjoy our lunch.

We didn't forget for a moment the narrow roads with gravel shoulders to cry on, if one should happen to be pushed there by big semi-trailers needing room to pass. Eventually these conditions were the cause of minor accidents; one not so minor as one of our cyclists received three broken ribs, one with a shoulder injury, and another with a gash above his knee. Also, one of our friends from the States has the tire marks on his pannier from a motorist towing a boat. I think most of us cycled with the threat of injury most of the time. Our fellow cyclists who were injured remained with us, not to be daunted.

One of our happier times was when we met and dined with a couple (newly-weds, I think) from Switzerland who were on their way across Canada as well. They had cycled across America and will be heading home in October after having cycled for a two year period. Another cyclist from Holland joined us and was asked to dine with us. In return she showed us the art of wood cutting, and as it was a cool evening, we appreciated the warm fire.

At Montreal River we lunched and relaxed on the rocks of Lake Superior once again, while some more ambitious cyclists took a more lengthy route to view the pictographs on the rock walls. It was during moments like these that we could really forget about the narrow roads, the rain, the wind, and the backwoods condition of many of our campsites.

The writer must go back briefly to the meeting place where our tour departed from—namely Vancouver. It was noticed that many of our male cyclists

were adorned with beards. Were these for warmth, enhancement of their looks, or forethought for the days when mosquitoes and blackflies would attack (in such case their faces would be protected)?

At Wawa a great transformation took place amongst our male cyclists and the vogue for donning beards was "on the line." We didn't really know who one whiskered male was, only that his name was Vern. What a difference a haircut makes. There were other similar changes made to our whiskered males, but the ladies thought that Vern from Vernon, B.C. had won the hair prize.

As we rolled along further into Ontario, the media, town groups, vacationers, and other cyclists were very much aware of this adventuresome group who were cycling the highways. Consequently, many of them honked, said hello, waved to us, and stopped to chat whenever possible. It was a good feeling.

July 18th saw the group in Sault Ste. Marie, the city known for the Soo Locks. The attraction was to watch the big freighters which had come via the St. Lawrence with their thousands of tons of cargo, enter the lock system, and later be on their way back to various places in the world. The only lock now operating at the Soo is on the U.S. side. Three of us cycled across the three-span bridge to watch this very interesting procedure.

As the group left the Trans-Canada Highway, we detoured onto Highway 6 and proceeded along the north channel of Lake Huron to Little Current. Here we crossed on an expansion bridge to Manitoulin Island. This island is surrounded by Lake Huron and Georgian Bay. The scenery was beautiful, but the narrow highway remained a danger. Many motorists flung rude remarks to many of the female cyclists, such as, "Get the h--- off the road before you kill someone." A remark like that was mild language compared to some, and a few vehicles came just a wee bit too close for comfort.

We were not to be daunted as we cycled onwards to South Baymouth to a ferry. It took us off the island at Tobermory and on our way to Owen Sound. By this time we noticed the landscape changing, with many small farms and dairy farms appearing. The grasslands were being harvested, and the farmers were bringing in their hay crops for the cold months ahead.

As we entered Owen Sound we were met by TV cameras, the media, and many curious people. We were asked to form single file, our CCCTS banner was erected over our Budget van, and we were escorted to City Hall, where we met the Mayor. One of our ardent cyclists, Leila Montgomery, happens to be the sister-in-law of Mr. Mayor. Pictures were taken, introductions exchanged, interviews quickly arranged, and an invitation was given by the Mayor for the group to be his and his wife's guests for the evening. Many of their friends and neighbours

gathered at their home bringing refreshments and food, while the Mayor himself barbecued the chicken for the evening's feast. What a happy evening it was. Cyclists were driven back to the campsite.

The following day was a rest day, so many of the tour group were greeted by friends and relatives, and we also received mail from home. Our coordinator's wife, Kay, and many of their friends greeted us, bringing sumptuous homemade desserts, such as squares, cookies, crumbles, cakes and pies. What a feast it was. They were enjoyed for days afterwards.

Lady cyclists were also entertained by cyclist Earl Wilkins and his wife Olive for an informal, scrumptious dinner at their home near Barrie. "A home away from home" for that night. What a treat to spend a night in a soft, dry bed. We rejoined camp next morning.

On July 31st our coordinator Gerry Sutherland was then planning our entry to and rest day in Ottawa. Only 25 more days to Halifax, where did the time go? Here we come, Halifax.

Just outside of Nepean, Ontario, led by our fearless leader and coordinator, we cycled single file into Ottawa, the capital of Canada, again met by media, friends, relatives and mail from home. What a happy day it was.

(To be continued).

HOLLAND-ITALY - Josie Curtis

This cycling tour could not have been better in my wildest dreams: sunshine every day, warm in Holland, hot in Italy.

Setting out from Rotterdam, we had to descend with our bikes a very steep and long escalator to enter the Maas tunnel, which consists of separate tunnels for motorized vehicles, pedestrians and cyclists. None of the three ladies dared to go down with their bikes; one of our gentlemen came back up for a bike, while the guard on duty took the other two bikes down in one trip. Arriving at the other end of the long tunnel, we found a guard waiting for us with the elevator doors open to take us up to street level. He had apparently been warned by 'phone about our escalator experience. What a service!

From the west coast south-east to Maastricht and north to Nijmegen we cycled seven days through most scenic country, natural and diversified landscapes, characteristic towns and villages with ramparts, bastions, lovely old gabled houses, windmills and old churches, along rivers and canals.

In the province of Zeeland we visited the world-famous Delta Works consisting of giant sluices and locks built after the devastating 1953 storm and flood from the North Sea that claimed 1835 lives in Holland alone. A very interesting and beautiful road system connects all the islands and the mainland.

Most of us took the train part way from Maastricht to Bergen due to the long route. Trying to get off in Roermond, the door would not open. Compliments of the Dutch R.R. company we had an extra ride and return to Roermond, where our van driver, Barry, was patiently waiting for us.

In Nijmegen we enjoyed a two-night stay in private homes as members of the Dutch club "Friends of the Bicycle". From there we started the 17-day Italian cycling-camping tour when OAD Cycletours picked up us and others. Bicycles were transported in a trailer pulled by the OAD bus for the 22-hour ride in comfort to San Piero, Tuscany. We had the pleasant companionship of 18 "junior" Dutch cyclists. Since all spoke English we soon got acquainted and blended right in regardless of our age difference.

The Italian tour was completely different from the Dutch one in landscape, historic towns, language, cuisine, plus camping instead of hostelling. OAD's choice of campgrounds was perfect - clean, roomy, with potable water at each. Beside the Italian style toilets at ground level, there were always some with the "seat" style (thank goodness).

Our wonderful cook, Erna, served extensive gourmet meals and, just for our CCCTS group, cooked porridge each morning served with warm milk. The cycle leader, Rikk, also did his utmost to make the tour fun-filled, pleasant and comfortable. He helped keeping our bikes in top condition, with special attention to the brakes. Oh, them hills!. Cycling in Holland was on the flat and 99% on bicycle paths, in Italy it was much steep climbing and no bicycle paths. The descents, however, often many Km's long were sweet rewards and quite exhilarating to say the least, sometimes at speeds of 60Km's or more. The most beautiful and interesting towns, e.g., Volterra, Carmignano, etc. where we stepped back in time one or two thousand or more years are mostly located on top of hills and mountains from where defence against an enemy was easiest.

We literally drank in the beauty of the magnificent buildings, churches, incredible works of art and history-worn streets of Florence, Sienna and many other places. I still feel the awe and wonder when I first saw through the city gate the most beautiful leaning tower of Pisa, which 'photos cannot reflect effectively.

On June 16, Duke and Joyce Dukeshire were 37 years married. Beside finding their bikes decorated in the morning, Rikk, our leader, presented them with a foil-wrapped heart and crowned them the Duke and Duchess of Dukeshire, complete with a crown for each. Later they received a suitable gift to remember this event.

On the last biking day we rode from Florence back to San Piero. In 33°C heat we had a steep climb of 4.5km on a shadeless road. When three of us reached the summit as the last ones, all others were

waiting for us and cheered us. The watermelon, warm soup, and other goodies given us there never tasted so good as on that day. The San Piero campground where we stayed the first and last night was the only place where, in the dark, fireflies gave an impressive display.

This scribe, being the interpreter in Holland, was not busy since most Dutch people also speak English. In Italy, however, Mario's knowledge of Italian helped us out on numerous occasions. Without him we could hardly have 'phoned home, since the telephone operators, especially in the smaller towns, could not speak English.

Back in Holland, we sadly said goodbye to our new friends: the Dutch bikers, and Rikk.

We stayed in Utrecht for three days, biked one day to Spakenburg, an ancient fishing village, where traditional dress is still worn, but mostly by the older people.

An interesting boat ride on the Utrecht canals, and visits to the Dom Church and pannekoeken house "De Kelder" (the Cellar) ended this wonderful tour.

To all six CCCTS members who joined me in this and thereby made the tour possible, my sincere gratitude for your pleasant companionship. One last item worth mentioning: except for one Dutch lady who scraped the skin on an arm, the total tour was accident-free.

ers in every window and squawking chickens in every yard. Churches and Duomos too beautiful for words, and the Tower of Pisa leaning more than a camera can show with a cup of cappuccino at the foot of the tilt an awesome experience.

Speeding little Fiats racing by us on the road, but always a little warning honk to alert us to their presence, no anger, just a friendly warning. And the Italian people loud and friendly and curious, often offering a 'Bon Giorno' or 'Ciao'.

OAD Cycle Tours of Amsterdam looked after us well, and the 20 young Dutch people, who shared the experience with us, were a delight, and melded beautifully with us old folk from Canada and the U.S.

The ten days of cycling south Holland that began the tour were as enjoyable as the previous September when we did north Holland. The villages were just as quaint, the lacy windows as sparkling, the cattle as cleanly scrubbed, the sheep as fleecily fluffed, the fietspads as inviting, the pannekoeken as mouth-watering, and the fields still greener than they ought to be. Rotterdam is a fabulous city, and the Delta Works are incredible. Holland gave us perfect cycling weather—warm with no rain. It was nice to see Barry again and all his support with the van.

It was a wonderful adventure—a real slice of life—we made it, Josie. Dank U Wel.

THE HOLLAND - ITALY TOUR

- Joyce Dukeshire

Never in my wildest dreams would I have imagined cycling hills from an elevation so high that my ears would pop on the way down; of riding up hills 18 kilometres in length; of riding in heat so intense we had sweat droplets for hours in our eyes and everywhere and it took two days for my money belt to dry out! But all this we did cycling the Tuscany region of Italy—and it was wonderful. A long shower at the end of the end of the day, a few glasses of wine, a delicious pasta supper, and we were ready to try it again the following day.

Italy is an incredibly beautiful country with rolling, tumbling hills that go up as quickly as they roll down, for the cyclist anyway. Endless vineyards and olive groves that fold up and over the hills like green ribbons laid out to dry, giving us the sensation of being on top of the world. The little green Italian lizards were scooting in front and beside our bikes, but I was too intent on reaching the top of the hills to bother about them. Everywhere old castles and ramparts were remnants of the days when the early Romans walked and played and toiled on the very ground we were now cycling.

Beautiful old villages of brick and stone and narrow winding streets dating to 1000 BC; bright flow-

JERSEYS - Dennis Parsons

Club jerseys are now available at \$80 each, but CCTS members can have them for 25% less. That means \$60, plus GST, PST, and a handling charge of \$3. The final amount becomes \$71.40 for B.C., and for other provinces \$67.20 plus their provincial tax. To decide on what size you need, try on a Sugoi jersey, and order the size that fits you from Riders Cycles, 1092 Cloverdale Ave., Victoria, B.C., V8X 2T9, 'phone 381-1125.

LOST VIDEO TAPE

A video tape changed hands at the 1992 Spring Social. Someone may have picked it up in error. It is called "LEARN TO RACE" and it belongs to the Cycling Association of B.C.

If you have seen it please call Noreen Redford collect at 592-1865, or Ella Laramee at 274-5554.

HEAVENLY TUESDAYS - Kattryn Jeronimus

Another added attraction to our Tuesday ride is, as most of us know, our monthly dinner party for the birthday girls and boys in the group. It takes place

every second Tuesday of the month. It's lots of fun and always different, and we get updated with the latest gossip.

The staff and management of Ricky's Restaurant in Ladner must know us by now.

Bon appetite—See you there.

SPORT SPONGES

The Society has acquired another batch of sport sponges; blue, aqua, neon yellow, and neon pink. The cost has risen and we will now have to charge \$11 each plus postage if they have to be mailed.

SECOND SOCK CENTURY

On Sunday, September 12 the Vancouver Bicycle Club is presenting this cycling event around the scenic splendour of the Lower Mainland. You can choose a 160 Km, 100 Km or a 25 Km route.

Registration is from 7:30 AM to 8:45 AM on the day of the event and the fee is \$15.

The starting point is Burrard View Park (North end of Slocan Street at Yale Street).

Contact Judy Morrison 879-3661 or Bruce Hainer 298-7060 for more detailed information.

1993 TOURS

Payment for all tours should be made out to the CCCTS and 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. Participants must sign a waiver and agree to the financial rules.

Members are reminded that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Hawaii - completed.

Utah's Canyon Country - completed.

Arizona - cancelled.

California Wine Country - completed.

Go for the Gold - cancelled.

Gabriola Island - completed.

Holland - Italy - completed.

Bay View - completed.

Cross Canada - in progress.

BC 93 - completed.

Hurricane Ridge - completed.

South-Central Oregon - cancelled.

Haida Gwaii - completed.

New England September 9 - October 6

Participants: (25) Ken Grieve, Ken Hanna, Joan Hutchison, Ray Merness, John & Dorothy Philip, Roy Towler, Faye Wilson, Marion Orser, Ken & Lee Kraft, Tage & Grethe Winckler, Doc Watson, Shirley Fisher, Dorothy Kennedy, Bruce Ross, Catherine Mick, Jim & Shirley Mae Jeffrey, Margaret Fyfe, Roy Barrows, Josie Zewiec, Barton Howes, Inge Polley.

Driver: Ian Polley.

Gabriola Island September 14 -16

Dennis Parsons 386-7226

This tour ties in with the Straits Circle tour below. \$40 with \$5 non-refundable. 115 km from Victoria. Dinner and all next day's meals supplied. Tenting. Enjoy the Island. Ride back Thursday. Contact Dennis for further details.

Participants: (6) Maurice Muloin, Lee Kraft, Theresa Green, Mile Kelly, Connie Shaw, Gordon Rempel.

Straits Circle September 13 - 28

Dennis Parsons 386-7226

Itinerary: Take Tsawwassen ferry to Swartz Bay - Victoria - Duncan - Nanaimo - Qualicum Beach - Fanny Bay - Powell River - Madeira Park - Gibsons - Delta - Bellingham - La Conner - Port Townsend - Rest Day - Sequim - Victoria.

C'mon now folks! Look. I've reduced the price to \$495, and it could go lower once we've sorted out the bodies. It's only 50 kms a day and you'll feel better for it. This trip is going to be a very pleasant bash, so get your twenty bucks in by August 1st. If we have our number then, we'll need the remainder by August 20th. If you can't get someone to room with give me a call—I do snore though!

Participants: (9) Dennis Parsons, Alyce McKay, Brian Lamb, Bert Davies, Eva Folk, John Peck, Art Borron.

Arizona October 18 to 30

Bruce Hudson 248-4496

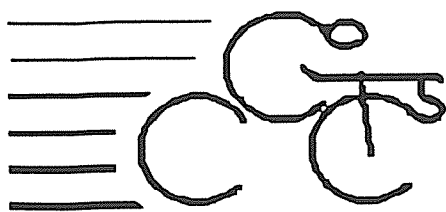
This is a motel and restaurant tour with a support vehicle. Cost of \$500 includes motels and lunches. We will start at Phoenix, wend our way south to Mexico and return to Phoenix, visiting Picacho, Tucson, Benson, Tombstone, Douglas, Sierra Vista, Nogales and Coolidge.

Limited to 20 participants. A \$10 deposit gets you on the tour list. Balance of \$490 by September 1.

Participants: (6) Bruce Hudson, Bernice Gregory, Albert Redford, Noreen Redford, Frank Jacobsen, Jennifer Jacobsen.

Florida

This tour has been postponed until next year.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 9

October 1993

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Telephone: 433-7710, Fax: 433-4112

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. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by November 3.

President	Fax: 538-0195
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Treasurer	
Bob Douglas	435-3893
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Lynn Dick	261-5092
Vancouver Island Representative	
Dennis Parsons	386-7226
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lucky. In addition the New England tour lost two leaders, but these events failed to dampen their enthusiasm. I was on the Straits Circle tour, and will describe it elsewhere. There is still the Arizona tour to consider, then it will be time to look over the slate of tours for 1994.

Part of the final episode of the 1993 Cross Canada Tour is described below. We are all pleased to hear that it was a success and that 21 brave cyclists made it all the way. Our thanks to the leaders Dennis Parsons and Gerry Sutherland, and all the others who worked with them to make it possible.

The annual banquet will be on Friday, November 19 at the Ladner Community Centre. Happy Hour will start at 5:00 PM, dinner at 6:00 PM, and there will be music and dancing until midnight. Tickets are \$20 each and 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. We have last year's excellent caterer. Bring your tour picture albums. This is our annual Gala. Come and join the fun. Please try to give us advance notice that you'll be there, because we need to give the caterer a valid estimate of numbers before the event.

The Annual General Meeting will be on Saturday, November 20, starting at 10:00 AM, at which the new board of directors will be elected. Nominations for directors are in this and the next Newsbrief, but nominations from the floor will be accepted, provided that the nominee agrees. You are reminded that the President is chosen by the new board at their first meeting.

The AGM will be held in Room 'C' in the South Delta Recreation Centre, 1720 - 56th Street, Tsawwassen. A simple lunch will be served at a cost of \$3. Bring your mug or drink from styrofoam.

We hope to see you all at both the banquet and the Annual General Meeting.

PRESIDENT'S CORNER - John Peck

Two recent tours were: Straits Circle and New England. The first was lucky enough to enjoy perfect September weather, while the second was not so



NOMINATIONS FOR DIRECTORS

The following members have been nominated, by our nominations committee, (Dennis Parsons, Noreen Redford and Chuck Dick), as directors for 1994. Their resumes will appear in the November Newsbrief.

Miep Denison
*Chuck Dick
*Bob Douglas
Carl Dukeshire
Ken Grieve
Katryn Jeronimus
*John Jones
Andre Kaufmann
*Rowan Ley
*John Peck
*Ian Polley
George Setterfield
*Ted Stubbs
Gwyn Thomas
Rae Wohlschlegel

*Indicates a director in 1993.

HAIDA GWAIH - John Peck

This was a tour with a difference. It was a small party of riders, just eleven of us. Monty Maundrell drove the support vehicle, which consisted of his large car and a small home made trailer. The shelter and personal baggage appeared to fit within the car, and the kitchen supplies were in the trailer. The roof rack of the car was also pressed into service.

We converged on Nanaimo to start the tour, coming from Victoria, Tsawwassen and Horseshoe Bay, and then rode the short 50 kilometres to the first camp site. We cycled north to Port Hardy in five days, and were glad to get beyond Campbell River, to escape the dense traffic on the Island Highway.

Between Campbell River and Nimpkish we came across Monty with a boiling radiator. We thought that we would have to forego our usual coffee break, which everyone looks forward to, but he was able to make a temporary repair and did not fail us. At Nimpkish we used Emidia Lepore's campground, although it is now closed to the public. She and her husband George invited us to their house for dinner. George plied us with bottles of his home made wine, followed by many liqueurs, so it was a merry party at which many subjects were heatedly discussed.

The long ferry ride to Prince Rupert along the Inside Passage was enjoyed. Where else in the World is there such a protected sea passage flanked by mountains on both sides and of such length? We called at Bella Bella and this made us late into Prince

Rupert, where we had to cycle the two kilometres to the campground around midnight. Next day was spent looking around Prince Rupert and driving out to the Cannery Museum at Port Essington.

The ferry to Skidigate was an overnight affair. The plan was to sleep in the lounge, but some of us heard that cabins were available, so we rushed to the ferry terminal to secure them. These turned out to be quite comfortable, two bunks per cabin, with bedding, wash basin and reading light, but underneath the car deck. Toilets and showers were down the corridor.

Campgrounds on the Islands are more primitive. We came across none with showers, except for that at Massett, so some bathed in the sea, some grabbed a little hot water from the kitchen, and others just forgot about washing. We cycled north to the southern end of Naikoon Park, where we used a provincial campground called Misty Meadows. Next day it was north to Massett and then Agate Beach, another campground in Naikoon Park. To reach this we had to cycle 17 kilometres of gravel road, which got steadily worse as it neared the end. Camping close to the beach, we were exposed to winds from the north, but managed to survive a night of rain.

Next day, a few hardy ones rode on the beach towards Rose Point, the extreme north-east tip of the islands. Others explored Tow Hill, which is the remains of a volcanic pipe, forming a mountain on the shore. Otherwise the terrain of Naikoon Park is rather flat.

Masset is the location of a military base where most of its population is employed. Just four kilometres away is Old Masset, or Haida, which is a Haida village. There one can see totem poles and shops laden with Haida art works. I rode into Haida and a young Haida, who had just passed me in a smart blue car, stopped me and said "Come and see my carving". I was somewhat taken aback, but followed him into a rude dwelling. There he showed me an argillite carving, about 25 centimetres tall. A beautiful piece. I asked him where it would go. He said that the Inuit Gallery in Vancouver was waiting for it. Then he said casually, "I get about six grand for that".

In two days we were back at Queen Charlotte City, which is actually a small village, but is the centre of activity of the islands. We crossed, by ferry, the strait separating the two major islands, to the northern end of Moresby Island. Ten kilometres from the ferry landing is the airport and village of Sandspit, and from there we headed south over more gravel road to a primitive camp site at Gray Bay. Here there was no water and no toilet, just an open space near the beach. But it was very quiet, except for the wind.

We returned for an unscheduled stop at Sandspit, hoping to make arrangements at the airport to fly to Ninstints. This is the World Heritage Haida Village

at the southern end of Moresby Island. The camp ground at Sandspit was full, and having had enough of primitive sites, we looked for an alternative. Happily we found a guest house where bed and breakfast cost \$15 each, and tenting with breakfast (and shower) was \$10. Since I might have had one of four beds in a games room, I opted for pitching my tent on the back lawn, which I enjoyed, especially the welcome hot shower. The others deserted camping for that night.

For dinner we feasted on fresh salmon, caught by a tourist and his son from Winnipeg, who joined us for the meal. There was also plenty of wine. Suddenly the tourist said, "What do you think of Kim Campbell?" This was greeted with an explosion of ideas from everyone, and the remainder of the dinner was accompanied by a heated and noisy political debate.

On our first opportunity to fly to Ninstints, the weather failed to cooperate. On the second, we were told that the boat that meets the plane had run aground. Thus a visit to Ninstints was out. Instead, four of us flew by helicopter to Skedans, a twenty minute flight. There we were met by the Haida Watchman, who showed us around. His speech was rather slow, our questions were sometimes not answered, and occasionally he seemed to be contradicting himself, but it was an interesting visit to a site typical of Emily Carr's paintings: old mortuary poles standing askew, or fallen over, and the foundations of long houses covered with rank grass. Others in our group preferred to visit that site by bus, over gravel roads, and then a zodiac boat trip.

For our return to Prince Rupert, we arrived at Skidigate Landing late to find that all the cheap cabins were taken. Some of us then splurged on cabins above the car deck, with the convenience of private toilets. After a good sleep, we awoke at the Prince Rupert terminal, and transferred immediately to the Queen of the North for the day cruise to Port Hardy.

The return down the Island Highway to Nanaimo was highlighted by a gift of two fresh salmon at Nimpkish, when we arrived there; then when we left in the morning, another two fresh salmon.

Haida Gwaii is remembered by the view from the ferry crossing the Skidigate Channel, locally known as the "Ditch". That misty view will stay with me for some time. In the foreground a silvery expanse of calm water, was backed by row upon row of mountains, fainter as they receded into the distance, and wisps of cloud clearly separating each row. The weather was kind to us, but we never knew whether it would rain or shine in the next half hour.

Elsie Dean is to be congratulated on leading a successful tour. Many thanks Elsie. It is a tour that should be repeated some time. Thanks also to

Monty, who never failed us as support driver, and to Emidia for use of her campground and a memorable dinner.

AN APPRECIATION - Al Westnedge

Thanks to Horst Hees and others who took part in the Cross Canada tour. This is prompted by receiving correspondence and many postcards from Horst, Jim Wolff, Rae Wohlschlegel, Dennis Parsons, Joan Engman, Vernon from Vernon, and Jim Beattie as they conquered the roads across our great country. It was next best to accompanying the group and hearing the joys and disappointments encountered in the journey. After I received the last from Horst stating "we've done it, we have done it, it's complete", I got some idea of the joy and the feeling of accomplishment shared by the participants. Thanks guys.

CROSS CANADA TOUR

- Joan Engman & Marge Lemieux

Ottawa to Halifax:

There have been so many warm, emotional moments on the 1993 CCCT and the Ottawa camp site, Camp Lebreton, on the morning of our departure was one of these. There was the laughter as cyclists reviewed the prior evening's visit to Lise Brooks' home, there was the remembrance of Garfield Clack's Sunday Ottawa ride, and there was the 'high' already achieved by those who had cycled 12 kilometres that morning through a beautiful, quiet Ottawa. More especially, was the ambience created by the many family and friends who - at 6:30 A.M. - had gathered to wish all a safe journey. There was a certain anticipation too - an eagerness to see Marthe Lambert's Québec.

Led by a friend of Lise's and with the nation's parliament buildings high above us, we cycled from the stately city of Ottawa over the bridge to enter Hull, Québec.

"BIENVENUE a QUÉBEC!"

echoed in our ears as Marthe cycled past each one of us - anxious to show off her home province. At our first 'Budget' coffee break in Québec, we were again welcomed - this time in French song by Marthe, Lise and Mathilde Klassen. What an incentive for us all to try our meagre French vocabulary and that we did for the next 10 days!

As we cycled an immediate change in environment stirred the senses. The scene was dotted with bright colours - roof and trims of buildings were in orange-reds, bright blues, turquoises - even some pinks and purples. Among the traditional homes, the Québec stone houses were strikingly different. The high pitched roofs that swooped down to arched eaves

(the Kamouraska roof?), the dormers (windows), the turrets, the fine wood carvings which decorated the overhangs, the iron outside stairways which sometimes wrapped around corners, and the verandas all suggested a different culture.

We cycled highway 148 which follows the Riviere des Outaouais (Ottawa River) and were surrounded by lovely lush landscapes - both as nature had created and as the Québécois had gardened. Majestic ornate churches, whose steeples glistened in the sunshine, towered over the villages, shrines sometimes on individual lots but often in front of homes, monasteries, and convents all reminded us of the strong role religion had in building this province. Unfortunately, Québec's roads were no improvement over Ontario's (someone suggested that Québec had borrowed Ontario's road engineer!).

We stopped briefly at Chateau Montebello - an impressive log structure with the charm of a country estate. Its expensive lodgings offered a sharp contrast to our tenting experience, but we had a challenge and were without envy of 'the other class of holidayers'.

Shattered bones - Shattered dreams:

Shortly after our Montebello stop, while cycling the white line on a two-lane road with no paved shoulder and in very heavy holiday traffic, Marge Lemieux was hit by a trailer. This sent her into the soft gravel colliding with a rope strung between protecting posts, and then over the embankment. Marge was found lying on a bed of Canadian thistles beside large boulders. Her bike lay on top of the boulders. Passing motorists stopped immediately and offered tremendous assistance. She was taken by ambulance first to a Hawkesbury hospital and then to the Montréal General. Within two days, surgery provided two plates and a pin to start the restoration of her left arm. A week later she returned home to Calgary to begin the extensive therapy, - "hurting more inside than out". (Update September 20th - Marge is recovering slowly but with a terrific outlook and determined to finish the trip in '94 or '95).

The following day, a sober, saddened group of cyclists continued our tour. We passed through the small municipality of Oka - remembering the frightening happenings of 1990. All is peaceful now. Close by, the Rivière des Outaouais merged into the Lac des Deux Montagnes which in turn joins the St. Lawrence at Montréal. We marshalled at Saint Marthe Sur le Lac for our entry into Montréal. After being greeted by the town's officials and receiving their town pin, we were led into Montréal by a member of the Velo Québec, Richard de Armond, assisted by Lise and Marthe. Our route provided beautiful scenic views of Montréal and its waterways, but it also required manoeuvring through busy streets.

Marthe was unbelievable - at an intersection when traffic was particularly heavy and the CCCT cyclists were stalled in their attempt to cross - Swish - out came Marthe - all 5'1" of her to the middle of the road and held up her hand to a huge transport and all its backed-up traffic. Everything stopped and the CCCT cyclists proceeded like baby ducks crossing the road. Thanks to all our guides for our safe arrival at College Francois - our "no-star" lodging for the night.

Although we were only in Montréal for one night, the '93 CCCT cyclists made the best of it. Some dining out to enjoy the busy night life, others walked for blocks seeing first-hand the remarkable and unique architecture of Montréal's buildings, Mont Royal with its lit cross, the row houses, the majestic churches and the old buildings which are still the seat of learning for those who study at McGill.

The next morning in drizzling rain, Richard led us out of Montréal efficiently and safely. We stopped briefly to regroup at the Big O, the Olympic Stadium with its well publicized retractable roof.

Cycling again in the lush countryside through small villages, we noted that many of the houses carried family crests. Often orange-red mail boxes fronted the houses. In the fields, the hay bundles were now wrapped in white plastic and there were even little houses for the calves being weaned from their mothers.

It was exciting to notice that the St. Lawrence had tides and at times one could even smell the ocean. Great picnic areas encouraged us to linger.

Marthe invited a few of us to visit with her friends in their Québec home. What a lovely experience! The home atmosphere was inviting. The warm use of wood throughout the house and handicraft such as the embroidered picture of their home which hung above the door all gave a warm feeling. We were also pleased to have the father and their two sons, each playing their own instruments honour us with a number of musical renditions ending with "Achy Brecky Heart".

Just outside of Québec (city), we marshalled close to Saint Augustin de Desmaures where there was a happy reunion of Marthe, her young looking mother and sisters. Three of Marthe's cycling friends from Cyclorizon Québec led us by groups to Camp Aeroport, our camp site. And then the fun began. Marthe had arranged for a night in Old Québec and the '93 CCCT cyclists were up to it! There were street artists, buskers, a Chilean band, mime, and most outstanding, Micheal Jerome with his pan flute. Such talented people in the atmosphere of old historical Québec (city). Our cyclists didn't even mind the \$10 for Irish coffee or the \$27 for three beer - or did they?

The "REST" day which followed was heralded in with the Barton Howes' now famous pancake

breakfast. Shortly after 11 A.M., cars arrived to take us to lunch at Marthe's home in St. Augustin, a picturesque spot on a quiet lake. The CCCT group settled in so comfortably it was doubtful if they would stir again. Marthe, assisted by Lise, served a Québécois lunch - tourtière, pâté, crisp pickles, salad, and for dessert - ice cream with maple syrup and blueberries. Bon Appétit!

Then the bus arrived for our tour of the only fortified city in North America - Old Québec. The Battlefield, the Plains of Abraham, the many historic buildings, the statues, the fortifications combined with the narrow cobblestone streets and unique boutiques left an indelible impression of this great city. As we stood above the mighty St. Lawrence, a huge freighter came down the channel. To the north lay the Laurentians and to the south, the Appalachians.

The following day we were again led by Cyclorizon Québec cyclists through the city, allowing us one last opportunity to enjoy its unique architecture and ambience. Our destination was the Levis ferry where we would depart Québec city. Above the ferry loomed the world renowned Château Frontenac. How fortunate we were!

August 9th and we were now cycling on the south shore of the St. Lawrence - at times one could look across this mighty river and view the long narrow strips of farmland (ranes) and the peaceful agriculture on the north shore. Summer cottages/homes with hanging baskets of brightly coloured flowers greeted us all along highway 132. The camp sites have improved. At L'Islet we sat on huge rocks and watched the tide ebbing and flowing. We cycled along the St. Lawrence and were intrigued by the fishing traps along the coastline. The river had widened immensely as we reached our last camp site on its shores, Rivière-du-Loup.

The next morning we cycled south on Highway 185. At Notre-Dame-du-Lac, a huge red moon rose above the beautiful Lac Temiscouata as if signalling the end of our Québec experience.

Au revoir Québec - Bonjour New Brunswick.

Although the French language was still prevalent in this Canada's only bilingual province, the scenery began to change. We lost much of the Québécois use of bright colours and architecture. White-sided Anglican, United, and Lutheran churches were more predominant. And we gained good paved shoulders - the first time since Manitoba. We cycled (at times in fog) the beautiful Saint John River Valley Drive, (the Trans Canada), through rolling hills and fields. Some of our cyclists chose an alternate route, highway 105, on the West shore. This quiet countryside road with little traffic must have been special for Vernon offered that he finally saw the flora and fauna we had been describing throughout the trip.

The surprise at St. Leonard:

August 12th was Bengt Kihlman's 70th birthday. Acknowledgement began at the Budget coffee break with Bengt being surrounded by his 10 'gal' harem for photos. Knowing that Fredericton was Bengt's choice for a major celebration, we continued our normal cycle to our next camp site at St. Leonard. Unknown to the CCCT cyclists, St. Leonard was a hub of activity. Bengt's cousin from Sweden, Gunnar Brundell, had written to the post-mistress, Celine Tardie, explaining that Bengt was cycling with the Cross Canada group and would be in St. Leonard on August 12th, his 70th birthday. He requested that Bengt be given a letter he had written in 1948 in which he described his first experiences in Canada - in an Ontario lumber camp. Although the letter only arrived on the 11th, Celine moved quickly. She 'phoned the president of the Chamber of Commerce in Van Buren - the U.S.A. 'sister' city linked to St. Leonard by bridge and heritage. They offered to host a dinner for the '93 CCCT cyclists in honour of Bengt's 70th birthday. Although she did not know the route - Celine alerted the tourist bureau, the road construction workers, and neighbours to notify her at first appearance of any of our cyclists. And it happened! When Bengt cycled into camp, Celine et al. were there with the invitation. Cars arrived at six and we were driven across the border to a great supper and a happy event. Horst read Gunnar's three-page letter, Leila Montgomery read her birthday poem - a tribute to Bengt's cycling and form. and Lisa sang one of Edith Piaf's beautiful love ballads. The spontaneous event was climaxed back at the camp site where three birthday cakes were devoured under candlelight and with song.

The next day we enjoyed a late breakfast, then cycled, cycled, cycled on to Hartland, the evening's camp site and the home of the world's longest covered bridge. We were to see more of these picturesque bridges as we travelled - monuments to the past and an integral part of New Brunswick's heritage.

The following day's cycle to Fredericton gave us all another scare - as Donna Nicholas was seriously injured in a crash at a road construction site. She was taken by ambulance to a Fredericton hospital. Although there were no broken bones, there was serious soft tissue damage. Then Leila developed shin splints. We began to feel that we would enter Halifax like the wounded of the Great War! but "No", these two strong, goal-oriented cyclists only rested awhile, then arose and continued cycling - uncomfortable but determined to cycle Canada - from the Pacific to the Atlantic.

We were billeted at the University of New Brunswick in Fredericton - the directions given to find our residence were to "look for the red brick building". All buildings at the U. of New Brunswick

are red brick!

A REST day followed - translated that means dry your tent, do your laundry, get hair cuts, fix your bike, buy new supplies, visit the flea markets, etc. A welcome day!

A Swedish Night:

Bengt had invited us all to a 'KEG' supper to celebrate his 70th birthday and he led the parade from the University to the KEG. Mathilde, our entertainment facilitator, coordinated the program. What a program! Inge Polley was indispensable - for as a native Dane she knew how Swedes honoured such an occasion. She ensured that Bengt's birthday would follow Swedish traditions.

On being seated, Bengt was crowned with a wreath made of New Brunswick oak leaves, yellow and blue flowers with a scattering of red berries. A red apple decoration adorned the left side of the wreath.

With each dinner course, Mathilde introduced a presentation. Horst's free verse poem gave us Bengt's life history - (slightly coloured to improve the rhyme):

THE BIKING VIKING

The fellow called Bengt is a Viking,
Whose sense of adventure is striking.
His cigarettes he rolled
From a hymn book centrefold,
And he lit his smokes with straight lightning.

When Bengt was a young lad and frisky,
He loaded himself full of whiskey,
And vodka was fine,
And Cognac his prime.
He found nothing in bottle too risky.

His family Bengt raised in a float shanty,
And he drank everything that was handy.
Then early one day,
His doctor did say:
"Change you lifestyle or you'll never see fifty."

So Bengt gave up boozing and smoking,
And for a new game he kept looking.
He found what he'd like
In a spanking new bike,
And Cross Country the Viking went touring.

Fellow bikers Bengt asked without flinches:
"Are you ready to talk gear inches?"
When our faces went blank.
His heart - it sank,
And he saw we'd rather talk about finches.

Through the Rockies the Viking kept cycling,
As he managed our higher financing,

Through thunder, rain and hail
With courage never fail!
And mosquitoes he'd kill fast as lightning.

Then one day not far from Blind River
Bengt fell on his ribs with a shiver.
Was he out for the count?
Or maybe he found
Just a way to see friends in Blind River.

A 70 year old Swede has great pluck
More than German, Limey, Yank or Canuck.
He goes on with gusto
Despite ribs that are busto.
A Swede of Steel is not counting on luck.

So in Norland Bengt rejoined the race
With sore rib pain all over his face.
He grew stronger each day.
Nothing stood in his way,
So the Viking he made his own grace.

The Viking turned 70 in New Brunswick.
He'd two parties to greet and wellwish.
He cooked us a horse
At the KEG of course.
We're honoured to toast such a maverick.

So ends the story of Bengt the Viking,
Who found cycle touring to his liking,
And in every way
We are going to say
We find Bengt, the man, very striking.

An entree,
and then Donna provided this light-hearted portrayal:

TO BENGT

There once was a man who said "Yes, I can
Cycle this land with the best of them".
And he cycled and sweated and never regretted
The hard days he endured with the rest of them.

Though hail, wind and rain he would seldom
complain,
The mountains, the distances - no barrier,
But how he exclaimed about the great pain
He suffered right in his derrière.

With a tumble and fall from his bike we recall
That he suffered his injuries and was missed by all,
But he's back on his bike to our greatest delight,
And will finish the trip with us all.

A course later, and Lise sang another beautiful love
song. The cake arrived with the happy inscription

coming from Bengt's wife, Barbara, and daughter Elizabeth. Accompanying this was the traditional Danish birthday song by Inge Polley, Bobbie, Leila and Joan:

I-DAG ER DET VOR BENGTS FODSELS DAG
HURRA, HURRA, HURRA
OG ALLE ONSKER HAND MA FA
HVAD HAN HAR ONSKET SIG I AR
MED DEJLIG CHOCOLADE OG KAGER FIL.

Bengt will always treasure the gift of his 70th birthday celebration - a HYBRED RUBBER PLANT.

What an evening! As we left, Bengt still wearing his oak wreath, made a quick stop in the Men's lavatory. An outsider glanced his way and muttered, "Did you lose a bet?"

(To be continued).

STRAITS CIRCLE - John Peck

Can you be lucky and have superb weather for a complete tour? Well we were. The golden Indian Summer was with us the whole time. It was perfect cycling weather. How could 97% of our members have missed a tour so enjoyable?

It started and ended in Victoria, and took us clockwise around the straits to Comox, Powell River, Port Townsend and Port Angeles. We ate in restaurants and slept in motels, so there was no tenting and no cooking (well almost). There was also no support vehicle, but this hardly mattered, since we needed only spare clothing. In fact, the lack of support was welcome, since it made our itinerary more flexible.

We sailed on many ferries. Some of us counted fourteen ferry rides. Since most of these were not on a week-end, the cost was minimal.

Our leader, the happy-go-lucky Dennis Parsons graciously relaxed some of his more rigid rules. We were even allowed to take to the road while he was still sleeping, a licence that encouraged the formation of two cycling parties: those who rose early and those who preferred to sleep in.

The tour had some surprises for us. At Fanny Bay we arrived at our supposed destination to find that it was the local pub, but with no rooms. Actually this was mistaken identity, for the place booked for us was 1 kilometre back down the road. The next day we rode to Comox, took the ferry to Powell River and then the ferry to Texada Island, followed by a 24 kilometre hilly ride to a delightful Retreat. We asked where the restaurant was, and discovered that there was none, so this was an occasion when cooking had to be done.

After the ferry from Saltery Bay to Earls Cove, we

revised our plans and stayed at a charming motel at Ruby Lake. There we ate an authentic Italian dinner, but discovered that they would not be open for breakfast. Next morning some of us rode for 40 kilometres before finding something to eat.

We also discovered the best way to ride through Vancouver from Horseshoe Bay to Delta. You take a ferry to Nanaimo and then another to Tsawwassen! It certainly beats fighting all the city traffic.

A highlight of the trip was a day of rest in Port Townsend, a tourist city of charm, with many buildings dating back to the 1880s.

We simply must do it again next year. Thanks Dennis for all the work you did to make it possible.

1993 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office.

Hawaii - completed.

Utah's Canyon Country - completed.

Arizona - cancelled.

California Wine Country - completed.

Go for the Gold - cancelled.

Gabriola Island - completed.

Holland - Italy - completed.

Bay View - completed.

Cross Canada - completed.

BC 93 - completed.

Hurricane Ridge - completed.

South-Central Oregon - cancelled.

Haida Gwaii - completed.

New England - completed.

Gabriola Island - completed.

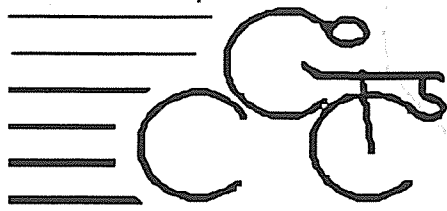
Straits Circle - completed.

Arizona October 18 to 30

Bruce Hudson 248-4496

This is a motel and restaurant tour with a support vehicle. Cost of \$500 includes motels and lunches. We will start at Phoenix, wend our way south to Mexico and return to Phoenix, visiting Picacho, Tucson, Benson, Tombstone, Douglas, Sierra Vista, Nogales and Coolidge.

Participants: (5) Bruce Hudson, Albert Redford, Noreen Redford, Frank Jacobsen, Jennifer Jacobsen.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 10

November 1993

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The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by December 2.

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PRESIDENT'S CORNER - John Peck

We are approaching the end of our year, with the Annual General Meeting on November 20 (see next column). This is when we make sure that the Society

is in good hands for another year. The Annual Banquet fun night is on the evening before it.

Since this will be my last contribution to the President's Corner, I take the opportunity to thank this year's board for their cooperation during the year. They have given of their time willingly, having to sit through monthly meetings, when they would rather be cycling.

If you examine the new slate of directors, as proposed by our nominations committee, you will observe that more than half of them are new. We hope that they will bring with them many new ideas about how to run the Society.

ANNUAL BANQUET AND MEETING

The annual banquet will be on Friday, November 19 at the Ladner Community Centre. Happy Hour will start at 5:00 PM, dinner at 6:00 PM, and there will be music and dancing until 11:00 PM. The cost is \$20 per person. Tickets are not issued for this event, instead a list of participants is kept at the entrance to the hall. Send your cheque to the Treasurer at the Society's office marked "banquet". Spouses and friends are welcome, of course. We will have last year's excellent caterer, and a glass of wine will be served with the meal. Bring your tour picture albums. This is our annual Gala. Come and join the fun. We need to give the caterer a valid estimate of numbers before the event, so please try to give us advance notice that you'll be there.

The Annual General Meeting will be on Saturday, November 20, at 10:00 AM, in room "C" of the South Delta Recreation Centre, 1720 - 56th Street, Tsawwassen. A simple lunch will be served at a cost of \$3. Bring your mug or drink from styrofoam. At this meeting the new board of directors will be elected. Nominations for directors are in this Newsbrief, but nominations from the floor will be accepted, provided that the nominee agrees.

We hope to see you all at both events.

NOMINATIONS FOR DIRECTORS

The following have been nominated by our nominations committee (Dennis Parsons, Noreen Redford and Chuck Dick), as directors for 1994.

* indicates director for 1993.

Miep Dennison: Member since 1984. Tours: Australia/New Zealand84, China87, South Africa89.

***Chuck Dick:** Member since 1985; director since 1992. Tours: China87 (leader), Dempster89 Alaska91 (leader), Utah93. Has completed personal tours of New Zealand, Yucatan Peninsula, and Baja California. A participant in and advocate of racing and randonneur cycling for seniors.

***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.

Carl Dukeshire: Member since 1991. Tours: Gabriola91, Holland92, Holland/Italy93. Married to Joyce; both enjoy weekly rides with fellow Victoria members.

Ken Grieve: Active cyclist since 1980; member of Vancouver Bicycle Club since 1983; member of CCCTS since 1986; office helper in 1993. Tours: Okanagan88, Kootenay88, Cuba89, Ucluelet90, Cross Canada(to Winnipeg only)90, France90, Alaska91, Arizona91, Rocky Mountain92, Holland92, Hawaii93, New England93.

Katryn Jeronimus: Member since 1988. Tours: Gabriola89, Cross Canada(Maritimes)90, Sunshine Coast90, Arizona90, Alaska91, Port Renfrew91, Gabriola92, Bay View92.

***John Jones:** Member since 1992. Tours: Arizona92, Gabriola92, Hawaii93, Gabriola93.

Andre Kaufmann: Member since 1987. Tours: Santa Barbara89, Arizona(3 times), San Juan91, Hawaii92, Switzerland92 (leader).

***Rowan Ley:** Member since 1992. Tours: Rocky Mountain92, Arizona92, Gabriola92, Hawaii93, Gabriola93.

***John Peck:** Member since 1986; director since 1989; Newsbrief editor 1990 to '92; president '93. Tours: many.

***Ian Polley:** Member since 1989; equipment manager 1992. Tours: Arizona90, Ucluelet90, Cultus Lake90, Oregon91, Bay View92, Great Divide92, Wine Country93, Cross Canada93, New England93

George Setterfield: Member since 1992. Tours: Utah93, Gabriola93.

***Ted Stubbs:** Member since 1986; director since 1990, vice president 1991. Tours: Santa Barbara86, Dempster89, Arizona90, New Zealand91, Oregon91

(leader), Rocky Mountain92 (leader), Bay View92, Utah93, Wine Country93 (leader).

Gwyn Thomas: Member since 1993, regular local rider.

Rae Wohlschlegel: Member since 1990. Tours: Arizona90, New Zealand91, Gabriola91, Port Renfrew91, Hawaii92, Gabriola92, Switzerland92, Gabriola93, Cross Canada93. Several other personal tours in B.C. Interested in representing Victoria.

CROSS CANADA TOUR

- Joan Engman & Marge Lemieux

August 16th dawned and it was back to reality. As we cycled by the quiet farmland, there was an elderly farmer with a team of horses pulling his hayrick. Another lovely camp site, Grand Lake, awaited us. Everyone enjoyed a swim on a perfect day. Our last camp site in New Brunswick, Shediac, provided the warmest salt water north of the Carolinas but only a few of the cyclists claimed this experience.

Our brief stay in New Brunswick had been positive—camp sites good, peaceful and beautiful scenery, good paved shoulders and a feeling of close friendships. We left by ferry at Cape Tormentine.

Goodbye New Brunswick

—Greetings to Prince Edward Island

As we arrived we noted the famous red sandy soil of this little province and were greeted by its equally famous, Anne of Green Gables (or her stand-in). That evening PEI fiddlers encouraged the more enthusiastic of the group to show off their toe-tapping and dancing abilities. The '93 CCCT cyclists are an amazingly talented and energetic group.

Next day our cycling route took away any thoughts that PEI was flat! Highway 13 was as much a roller coaster as any we had experienced, but the distance was short as our destination was Cavendish. The countryside was like a picture—small fields divided by a single line of trees, large crops of potatoes in bloom, cattle grazing peacefully and profuse wild flowers. PEI is truly a post-card province. We camped in the biggest and most expensive campground of our tour, with such distances to anywhere that it was more expedient to bike than walk.

A two kilometre cycle took us to the home and surroundings of Lucy Maud Montgomery's Anne of Green Gables. Anne and her 'kindred spirit' Diana mingled in the crowd bringing back fond memories of the children's novel. A short distance away was the snow-white sand of Cavendish's beaches. So beautiful and inviting were these beaches, that we opted to leave later the following day allowing a second opportunity to enjoy the waters of the Gulf of St. Lawrence.

That evening we celebrated with a lobster dinner at

St. Ann's Church. The food was terrific, accompanied by good service and nifty music. Unfortunately, our good luck ran out and we woke the next morning to heavy rain. It was especially unwelcome because for the first time on the tour, the shelter had not been put up. Adaptability was a true characteristic of the '93 CCCT group and we found devouring porridge in the rain offers insight into its warming benefits.

For most of us, the cycle to Charlottetown was a wet one. But the camp site there, Southport, restored our faith. There was not only a huge shelter, good laundry and bathroom facilities, but for those who still enjoy a dry bed—motels. Buoyed by all this comfort, a few took the opportunity to attend the play, "Anne of Green Gables" at the Confederation Centre of the Arts. Tremendous!

We woke to beautiful sunshine. Being a REST day, Barton's pancake breakfast was served. These breakfasts volunteered by Barton were very special—pancakes, sausages, bacon and stir fries. Thanks Bart, you've added an extra plus to the '93 tour. A lazy day followed with most exploring Charlottetown both from a historical and flea market perspective. As we crossed the bridge to enter the city we saw the usual seagulls and cormorants, and then the little beady eyes of a harbour seal caught our attention. She quickly dove and we lost sight of her. The evening offered another opportunity for a dinner theatre engagement. During all this fun and games, Mathilde was seriously working on the arrangements for the Halifax celebration.

The next day was an A-1 cycle—sunshine, no wind, good paved shoulders, flat terrain, and only 61 kilometres to our destination, Northumberland Provincial Park, Woods Island. Upon arriving we found we could pitch our tents on a cliff overlooking Northumberland Strait. It couldn't have been more beautiful. We walked on the beach—sharing it with several families of spotted sandpipers—and then we enjoyed a brief swim. The sun shone and the day was perfect. Two beautiful red foxes were sighted. Towards evening, the stars came out and the tide came in. We were able to lie cosy in our tents listening to the water lapping along the coast line and watching the brilliant display of the stars.

Morning came too quickly and we 'hustled our butts' to the ferry to wait for an hour and a half.

Goodbye Prince Edward Island

—Greetings to Nova Scotia

The ferry docked about 11 AM and leaving us with about 76 kilometres to go. Head winds and hills accompanied by heavy, noisy traffic fatigued some of us (some '93 CCCT cyclists are indefatigable!). As has happened so often on our tour—our tiredness upon arrival was soon dispersed by the good actions of others. Leila's team were cooks for the last supper. The shelter had been decorated with

balloons, candles, wine glasses, 'rabbit-ear' napkins, and a festive atmosphere prevailed. The food, which was 'clean-out-the-Budget' provisions, was superb—one even suspected that the meat sauce had curry in it!

Our last cycle day brought more head winds, hills and heavy traffic but we were undaunted. We rendezvoused with Gerry (he had cycled ahead four days previously to arrange details for the celebration) at Bedford. Here also were a number of family members and friends. Vern's wife, Sandra, and son Greg had their camcorder recording the arrival of each of the cyclists. Then, led by Bobbie and Gerry, the group cycled single file to the steps of the City hall (one exception, right at the moment of departure, Rae had a flat!). Mayor Moira Ducharme offered Halifax greetings and congratulations. Gerry, very ceremoniously reading from a prepared document, presented the mayor with a small bottle of Pacific Ocean water which he had carried in his front pannier from Victoria. The media were present in force—interviewing and taking pictures. The mayor invited the cyclists to afternoon tea. We accepted, of course. About this time, the cyclists were congratulating each other with hugs, pats on the back, and Marthe's 'give me 5' salute. We knew we had accomplished our goal and were we happy! That evening CBC carried a live interview with Bobbie and Vernon—a fitting closure to our media event.

The Celebration Dinner was a perfect tribute—thanks to the team of planners. The room was nicely decorated with tables set in a style we had not been accustomed to for three months. Faye Wilson, who had completed the trip in two separate stages and cycled with us from Vancouver to Portage La Prairie had sent a banner:

VICTORIA to HALIFAX
CONGRATULATIONS
CCCTS '93

with the ends inscribed with personalized notes to each of the cyclists. Dennis Parsons—the '93 planner and our coordinator from Victoria to Calgary—sent a snapshot to each recording one of the highlights of the tour. Marge had sent a telegram with her congratulations and love from Calgary.

The males sported a plaid bow tie, while females wore similar plaid ribbons in their hair. (These were Leila's creation and sewing expertise—what a gal!).

Mathilde, as master of ceremonies, was at her best. The evening began with the singing of "O Canada". Following an introduction of guests, dinner was served. Gerry Sutherland's remarks on the accomplishment were profound and sobering—perhaps the first time most of us had given serious thought to what we had done. Thanks Gerry!

Of course, there were special awards. Donna for the greatest number of flats (11), Gerry and Rae for the greatest weight loss and so on. 'Twas fun! And

then, a roll call of participants noting some special attribute; for example, Marge's read "A 19 year old who claims to be 71! A cheerful lady missed by all." Through a "RAP" the cyclists offered their tribute and thank you to Gerry for his excellent leadership.

Several of the guests, then, offered praise to the cyclists. The following paraphrase was Michael Redmond's (Bobbie's youngest son):

My mother taught me a great deal when I was young. When I became an adult, I thought I knew it all. But she has now taught me accomplishment never ends but continues to be gained regardless of age.

Singing and music followed. Lise's youngest son, Charles, accompanying himself on a guitar, began with his own composition, "CANADA". In this he speaks of separation, individual needs, our heritage and political greed, showing that the younger generation are aware and concerned over Canada's future. The perfect evening was ended with ballads from Lisa and Inge. Thanks to all.

Many of the '93 CCCT cyclists have never been named in these reports but each member made a significant contribution to the successful trip. The shelter went up and down like clockwork—thanks to Vernon and mainly the men. There was always unsolicited help with cooking and dish washing with John Hiza and (Gentleman) Jim Wolff among the most conscientious. Faithfully, Jim Beattie spent hours confirming our reservations, correcting mileage, improving plans and drawing excellent maps for each day's cycle. And they were accurate, although his "no more hills" reassurance left us a little sceptical. One can only believe that there was never ever team players such as the 1993 Cross Canada Cyclists or perhaps we're biased!

We had help—the support from family and friends throughout the trip contributed to our individual strengths, and there was the 'home town' cyclists who guided us through their cities, such as Peter Jones and Garfield Clack in Ottawa, Elbow Valley cyclists in Calgary, Richard de Armond in Montreal, and the Cyclorizon Québec cyclists in Québec city, and Canadians all across the land continually offered to meet our needs in so many ways—accommodation, food, encouragement and friendship. Thanks to all!

I REMEMBER (JE ME SOUVIENS) THE 1993 CROSS CANADA CYCLE TOUR

- Horst Hees

The motor licence plates of Quebec say: Québec, Je me souviens, and I do remember the 1993 Cross Canada Cycle tour and the voice of Lise Brooks singing at Bengt's 70th birthday celebration Edith Piaff's song: rien, rien, je ne regrette rien (nothing,

nothing, I regret nothing), and that perfectly describes how I feel about these 87 days and over 7,000 km on the bicycle.

Je me souviens how happy I was to have made it to Hope, the wind almost blowing the bicycles across the street—and stopping at the hotel for a beer. I was riding with Barton and Faye. Dennis came in later with Ian Cassie. Faye led us away from the beer. There were only 15 km left to the Kawkawa Lake Camp and Barton knew the road. The rain started to pour out of the sky in buckets and the wind drove it mercilessly into our faces till we were all drenched and cold and arrived in camp dripping. I slept in the cooking shed that night—badly—je ne regrette rien.

Je me souviens the wind driven hail in my face stinging my left cheek like a whip and rattling against the goggles, turning my head to avoid the pain. It was difficult to see the road; my breath, huffing and puffing out of my mouth steamed up the goggles till I could see nothing at all and the hill wasn't going to end soon and I remembered, I was doing this for fun—rien, rien, je ne regrette rien.

Je me souviens John and Vernon emerging with their bikes out of the washroom in Merritt, where they had huddled close to the only hand dryer to get some heat back into their bodies; and I had accepted Barton's offer to sleep in his house and how the hot water in the shower slowly heated me and how wonderful it felt when I drank the hot toddy that Barton had prepared for me. The world was good again and we had won another day. Oh no, je ne regrette rien.

And, je me souviens the icy cold wind when I had dressed for a warm day and the energy draining from my body, hands and joints stiff, wet throughout and the wind blowing hard to drive the last bit of heat out of me. When we stopped under a bridge for some reprieve from the relentless rains Faye lent me a jacket and after another ten km warmth returned to my body, je ne regrette rien.

Straight out of the diary: "The meadow larks were singing their little hearts out, one even answered my whistle calls and prompted Marthe to speculate whether it mistook me for its mother. I felt divine all day, blessed. What a glorious ride."

Je me souviens the hills, the hills. There were always hills. Are my muscles equal to their demands? Aches in one knee and the other, a sting in the thigh over the dull, persistent muscle ache; a sharp pain in the hip joint—pointing to all the places that need to grow stronger. And after each stop the intense "lactic acid" pain started in all the big driving muscles telling me to stop the punishment; and after a while the hurting stopped, most of the time, and the hills kept looking down in challenge, je ne regrette rien.

Je me souviens pacing with Gerry, John and Vern and what a pace they put on. Why are we going so

fast? When I was leading did we ride faster or are the others slowing down? Is this the way to do it, giving it all you've got all the time? And then there was Faye challenging me up every hill and faster yet going down. Can you coast over the crest? The fastest I ever went was 73 km/hr, Faye went faster and then Marthe showed us her odometer with her fastest speed: 87 km/hr. Must have been some hill. No, je ne regrette rien.

Je me souviens pacing in the rain, there was much rain, in the first six weeks only two days completely without it. The plume of water spray from the bike in front, like a cock's tail straight into my face. When I slowed to avoid the additional drenching I lost the pull of the pacing and the advantage it brings. So back into the shower and learning to like it, je ne regrette rien.

And I remember singing with Mathilde and Marthe and Donna and Lise and Barton and how great it felt to be in such a big, happy family. And how can I forget the apple pie and ice cream binges with the boys—John and Vernon led me astray. Some days I just loved everybody and felt loved by all.

Je me souviens playing with the wind or maybe being toyed with by the wind. Once it got angry enough with me to push me off the shoulder of the road and most of the time it just plain tired me out. Sometimes it let me lean on it in a back and forth motion that I felt as though I was sailing. And oh, the pleasure when we rode 147 km in five hours with the wind pushing us all the way. Is that cheating? When the wind got really mean it tried to keep us from climbing the hills by pushing into our faces, sometimes even spitting at us; but no, je ne regrette rien.

Straight out of the diary: "Everyone was apprehensive about this day, some a little scared. A violent storm howled around the "Round House" at Buffalo Lookout all night and showed no sign of abating in the morning. Gerry told us to go back to bed, the departure would be delayed. We left about 08:00 hours. Earl went out on his bike to see if it was at all do-able. He reported that it would be dangerous, especially when trucks were passing, but possible if we did not turn to face the wind. Well, the wind was with us for only 7 km when it turned into a cross wind—northerly—cold and hard and gusty. I was actually blown off the shoulder and had to get off my bike. The weather was foul all day, not threatening and we did O.K. Some of us took a ride."

Je me souviens rolling down from the ice fields so fast in the cold morning that all the heat escaped from my body and I stopped in a sunny spot for a long time to warm up again. What a ride that was, down; and then the heat started with the huffing and puffing of the climb up the other side in the sun. Some of us chose to walk up part way. I needed to know: could I

do it? I could. Only once did I walk, up to a steep campsite on a gravel road and Faye looked at me as though I was a loser, mais, je ne regrette rien.

Je me souviens fishing my tent out of the water one morning after a heavy rain; and the hero was Dennis who jumped into the North Thompson River to retrieve Mathilde's tent from the wind who wanted it, and I remember killing innumerable mosquitos inside my tent one night and waking up with plenty of their dead bodies in my sleeping bag and ankles swollen from their stings and before breakfast I had to dance for them again and couldn't get out of there fast enough. No, je ne regrette rien.

Straight from the diary: "I just want to get out of this mosquito and blackfly and horsefly country. I am full of welts and bites and swellings and the itch is horrible. I am sick and tired of being food for insects. We are cooking tonight and in the morning."

The "contest table" I remember well, and Peter, the Lord of the piranha table. I found out, much too late that it was safest to wait out the feeding frenzy or preparation of lunch frenzy before venturing onto the table, instead, I mixed with the best of them, hissed and got hissed at. Did you ever try to take a bone from a hungry dog? And there were many of us. I have no scars and je ne regrette rien.

Straight out of the diary: "It was the hardest day yet and strangely, I enjoyed it. I guess I was ready for it. Everyone else complained how difficult it is "fighting" the wind all day. I felt assisted by the wind. I felt immersed in its stream. I felt part of it. It seemed to me as though the universe streamed all around and through me and I melted into it. Someone is looking after me well."

Je me souviens flats, lots of flats, other peoples flats and trying to find what caused them, watching Barton blow one tube up with too much power and listening to some lady's instructions on how to repair her flat while she watched and handed us the right tools to use. Donna won the crown with 11, Vern, Gerry and Earl tied with 10 apiece and four or five of us got away without one. I am happy to still have Victoria air in my tubes and je ne regrette rien.

Trucks, I remember trucks, fondly the friendly honkers, with fear the one that left its tire mark on John's pannier and the one that came towards me, overtaking another. Did I stare it into submission like a big bulldog? And what about the one that ditched Marg, our pride and joy and didn't even know it? Je regrette that she could not finish with us.

Je me souviens the unusual ways we sometimes got off our bikes and especially Barton's well practised high flying backwards Shimano Roll dismount, which he executed with inimitable style and Marthe rolled in front of the whole group at some Ottawa intersection and then again in Quebec, very close to her home on a newly paved road with very soft shoulders. It seemed that we performed

most often after a long and tiring ride.

Je me souviens the roads, the shoulderless and the potholed, the long and straight one in the Prairies on which I nearly fell asleep and I remember the sacrifices laid out on their surfaces: a bear cub and a deer, many raccoons all across the country, birds, a Canada Goose and even a smart crow once, rabbits and gophers, dogs and cats, squirrels and foxes—one still so beautiful in death that Barton cut off its tail as a souvenir—and something unrecognizable, still attached to its entrails several yards away and parts of cars and trucks that had gotten tired of serving and joined the sacrifice. Yes, je me souviens.

The ditches, I do remember the ditches with their smells of flowers and grasses and herbs and the crickets and birds which sometimes made me think my bike needed oiling. The biggest and richest bouquet of wild flowers, the longest ribbon of colour and scent to tie this country together. In Alberta I saw elk, moose and deer grazing in them and je me souviens how delighted I was to sit with my lunch not a stone's throw from a doe and its young. No, je ne regrette rien.

And I remember the trains, the other ribbon around most of this country. I love the tuned, melodic whistles of our trains approaching or fading away into the distance. Combined with the roar of the engines it sounds of strength and of harmony. Sometimes we could hear the trains all night from our camp and once, from a bridge an engineer blew his whistle just for us and we waved back with appreciation. Oh, how I remember the good, strong sounds of the long trains and the long whistles, close up to make me jump or drifting over the land and no, I don't regret a thing.

Straight from the diary: "...dry, sunny, wind in our faces all day, combined with steep grades, no shoulders and very heavy traffic. I got up at 05:00 hours this morning to do cooking duties and hurt my back lifting water pails. Big hills to start off the morning—I couldn't catch up to the rest of the guys till the cookie wagon and had a hard time to keep up to anybody—even Marie got ahead of me. I had the worst day of the trip so far—hard work—pain—suffering—no strength—the wind holding me back."

Je me souviens welcoming people, people with food for us, special food. Paul cooking a chicken in his camper for me at Hatzig Lake—two suppers for me that night—Joan and the Freigangs' big spread for us all by the Elbow River and going out with the "Easy Riders." Regina, where Lise and Bobbie's families had a feast laid out for us and the media to cover it—and the happy feeling when I got mail, cards, letters, cookies and a painting and pictures and the lady of the "Round House" at Buffalo Lookout who moved so I could sleep in her bed. And then there was Portage la Prairie with drinks and Faye and food and Mother and desserts and neighbours and

more drinks and music, live music and dancing and friends and good bye.

Je me souviens mapmaker Jim's mobile cookie restaurant where we were greeted with a smile, often a welcome sign, mostly a table cloth and did I see flowers once? On Sundays, if they were special, Barton's cry: "take a number and you'll be served", called us to a honey-butter, bacon and eggs—as you like them—round in a can—have a good time breakfast and when luck was with us Ian Polley would offer his—how to do your bike—seminar and sometimes we would succeed. And I remember fireflies and sweat in the eyes, water from the cuffs when I waved hello and Marthe's special welcome in St. Augustine and what's to regret, je ne regrette rien.

And I remember the Postman who tore the back off a letter to make a map for us when we were lost and the wonderful B.B.Q. with the big hearted Colbert Seupersand and his lovely sister, Leila, and the children and the dog and the desserts after all that chicken. ST. LEONARD, how could I not remember? The whole town was looking for us because Celine Tardif had arranged a supper for us all in Van Buren U.S.A. to celebrate Bengt's 70th birthday and the Chamber of Commerce paid for it all—and what a time we had and Bengt topped it off in Fredericton at the Keg with his own, very special jokes and food and drink for all on him. And then we had the bow tie event in Halifax and suddenly I was almost alone—my friends had left—its all over. THIS IS IT.

And at the Halifax bus station, about to leave after the party was over, not quite believing, reflective in my thoughts and about to climb aboard I was held from the back and turning around Joan planted a goodbye on my cheek.....It is complete, and je ne regrette rien.

With love, Horst.

1993 SENIOR GAMES - Leo Comeau

The Senior Games held in Cranbrook from September 1 to 4 was well organized and a great success for seniors from all parts of BC's 12 zones. It was great to see a total of 46 participants in the bicycling events.

Our CCCTS members did wonderfully well especially one from Zone 3 who had never participated, nor even seen a race before. She gave me a phone call one month before the games for information. After visiting her, and enquiring about how much bicycling she had been doing, I mentioned that her mountain bike wasn't quite what she needed for racing. However as I am not one to discourage anyone, and she wasn't one to give up, we went to the games. She came away with a lot of experience, a bronze medal, and many new friends.

My bet is that Mary Yaremovich will be in Prince Rupert for next year's games, and she won't be satisfied with a bronze medal. Although the Society doesn't seem to look with favour on the Senior Games or bicycle racing it should be proud to have Mary as a new member.

The nine CCCTS members, who won medals in the hill climb, time trial, road race and overall points, are listed in the following table:

Name	Hill Climb	Time Trial	Road Race	Overall Points
Ladies 55 to 59				
Barbara Hetzer	Gold	Silver	Silver	Silver
Ladies 65 to 69				
Mathilde Klassen	Gold	Gold	Silver	Gold
Noreen Redford	Bronze	Silver	Gold	Silver
Connie Shaw	Silver		Bronze	Bronze
Mary Yaremovich		Bronze		
Men 70 to 74				
Roland Anderson	Gold	Silver	Gold	Gold
Earl Taylor			Bronze	
Men 75+				
Leo Comeau	Gold	Gold	Gold	Gold
Bert Davies	Bronze	Silver	Silver	Bronze

As for my part I congratulate all who participated in this wonderful event.

If the Society's board of directors see fit I would gladly write an article each month on the mechanics of this yearly event. There seems to be a lot of seniors out there who don't have a clue what the B.C. Senior Games are all about.

MISSING PERSON

A trip refund is due former member Katie Bateson, but we do not know her whereabouts. If you know her current address please inform our office.

GET WELL WISHES

Get well quickly wishes are extended to the following members:

Maria Kost-Smit is recovering from her third trip to the hospital, all of which were due to an altercation she and her bike had with a car door. Maria's accident should be a reminder to us all of the need for caution when cycling by parked cars.

Neil Dobson fell off a ladder and suffered a badly broken upper leg and a broken foot. Neil, who is used to biking every day, will be house bound for several months. His only consolation is that the doctor said that his injuries would have been far worse if he had not been in such good shape.

Brian Curtis, one of our most senior members, is recovering from a hip replacement.

—Submitted by Rowan Ley.

CORRESPONDENCE

As you will notice, I am 83 years old. Dan Baris of Toppenish, Washington, told me about your group, saying as a group you did some shorter rides. I believe he said 30 miles. If this is so, perhaps I could join a ride at some time. I have both a road and a mountain bike and am still handling the shorter distances.

Your bulletin is very interesting. I'll phone if I get serious about a ride.

Sincerely, Dorothy Egg, Yakima, Washington.

My progress is on time, and the weather is co-operative as usual. My real last wet day (all day) was in the rain in Maine last June.

From Boise, Idaho, I made for Yosemite Valley, a worthy end to a challenging ten days of mountain pass climbing. By the way Nevada has more mountains than any other state.

Should be home on 24 October having covered 48,000 kilometres in 48 states in 24 months, or Toronto to Vancouver via 48 states (50,000 km).

Hope the CCCTS had a successful major tour.

See you all at Ladner, John Hathaway.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) Jan. 26 - Feb. 8.

John Peck 538-0195

A complete itinerary has gone to the participants.

Participants: (10) John Peck, Bernice Gregory,

Anne Ives, Albert Redford, Noreen Redford, Richard Lebek, Lee Kraft, Josie Zewiec, Cathie Freigang, Bruno Freigang.

Utah's Canyonlands April 10 to 27.

John Philip 531-0260

This 600 mile, 17 day circuit around the canyon country in southeastern Utah will be a self-contained camping trip with a flexible itinerary and without a support vehicle.

Meet after the AGM on November 20 to look at maps and discuss the trip.

Itinerary: Moab - Canyonlands National Park - Arches National Park - Green River - Goblin Valley - Hanksville - Hite Marina - Fry Canyon - Natural Bridges - San Juan Goosenecks - Mexican Hat - Monument Valley - Bluff - Blanding - Monticello - Moab.

Participants: (14) John Philip, Dorothy Philip, Joan Enman, Roy Towler, Pete Lazenby, Marion Orser, Ray Wilkinson, Kathy Wilkinson, Garfield Clack, Rob Curr, George Setterfield, Andre Kaufmann, Faye Wilson, Bart Howes.

The Dempster Highway June 1 to 17.

John Peck 538-0195

This will be a camping tour with a support vehicle. The Dempster Highway is a gravel road which starts near Dawson City in the Yukon, and goes 750 km to Inuvik in the Northwest Territories. Mountain bikes are recommended.

Cost including airfare about \$1300, and \$10 is required by January 1 to keep your place on the list.

Meet after the AGM on November 20 to look at maps and discuss the trip.

Limited to 25 participants.

Participants: (25) Ken Grieve, Elsie Dean, Faye Wilson, Joan Enman, Bruce Hudson, Marion Orser, Bob Miller, Russ Horsnell, Diane Horsnell, Barton Howes, Vic De Paul, Roland Reader, Rose Tanchak, Sonja Joos, Barbara Hetzer, Peter Mix, Tage Winckler, Grethe Winckler, Jack Fisher, Keith Clothier, Bobbie Redmond, Maurice Tanchak, Bob Jordan, John Peck, Dornacilla Peck.

San Juan Islands, Washington

10 to 12 days in the second half of July.

Bob Douglas 435-3893

A camping tour with a support vehicle, costing approximately \$250, staying at Whidbey, San Juan, and Orcas Islands, and possibly Lopez Island.

Hike, bike and swim. Ride the Chuckanut Drive and visit Ferndale, Bellingham, La Conner, Deception Pass, Oak Harbour, Coupeville, Anacortes, Friday Harbour, Eastsound and Mt. Constitution.

A good and relatively easy trip for an introduction to cycle-camping.

Participants: (13) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Albert Manser, Ken Brothers, Marten McCready, Rose Tanchak, Margaret Fyfe, Roy Barrows, Emidia Lepore, Anne-Marie Labourette, Mary Yaremovich.

Switzerland

Approximate dates: August 17 to September 7.

Andre Kaufmann 581-3923

Limited to 12 participants.

Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Horst Hees, Margaret Fyfe, Roy Barrows, Mario Lovricic, Andre Milaire.

Waiting List: (5) Dennis Scolah, Freda Scolah, Vernon Patterson, Bill Hannan, Katryn Jeronimus.

Willamette Valley, Oregon

2 weeks in September.

Ted Stubbs 321-2784

Participants: (12) Ted Stubbs, Pat Stubbs, Joan Enman, Anne-Marie Labourette, Keith Clothier, Ken Brothers, John Peck, Albert Manser, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

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 (not 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.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

Wednesdays: Meet at 9AM at Quadra & Pat Bay Highway. Contact Dennis Parsons 383-4479 or Noreen Redford 592-1865.

CALGARY WEEKLY TRIPS

Sundays: Meet at 9:30AM at Priddis store. Contact Bob Jordan 931-3227.

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NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 10 NO. 11

December 1993

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

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. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by January 5. These are acceptable, typed, or on 3 in disk, either Macintosh or IBM format, or by FAX to 538-0195.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	538-6172
	Barton Howes	378-0927

PRESIDENT'S CORNER - Ian Polley

This morning I attended the monthly executive meeting, the first for the new executive, expecting to carry on my usual low profile position. To my surprise I was nominated as president of the Society. I am still in a state of shock at being nominated to this position. I only hope I can live up to the high principles set by previous presidents.

Firstly, I must thank members of the previous executive who gave so much of their time and experience to keep the Society in such good shape,

something for us to build on.

I would be remiss if I didn't give special thanks to Georgette Courchesne and Lynn Dick and their helpers who made the annual banquet such a huge success.

I am now looking forward to working with your new executive, the new members being Miep Dennison, Carl Dukeshire, Ken Grieve, Katryn Jeronimus, Andre Kaufmann, Barton Howes, Gwyn Thomas and Rae Wohlschlegel, who join the previous members: Bob Douglas, Chuck Dick, John Jones, Rowan Ley, John Peck and Ted Stubbs.

Now that the 1993 touring season is over, it will soon be time to start making plans for the 1994 season, of which there appears to be a good selection available. Don't forget you don't have to be a member of the executive to lead a tour, we welcome all offers to help in co-ordinating or leading tours.

Season's Greetings to all and safe cycling always.
Ian

OTTAWA TO ST. JOHN'S 1993 - Bob Jordan

After spending close to eight weeks during three summers cycling from Victoria to Ottawa, this was the year to finish off my quarterly instalments, so I signed up for the Jasper to Calgary and the Ottawa to Truro sections of the 1993 Cross Canada tour. The first section gave me a chance to become acquainted with the 1993 tour participants. At the same time I found that the climb up to Sunwapta Pass after a long cold wet day was harder than anything I did anywhere on my way across Canada.

Forty-five days later I joined the surviving twenty-one riders for the ride from Ottawa to Pictou. This, for me, was the most enjoyable part of the Cross Canada trip, especially the sections along the Ottawa and St. Lawrence Rivers on the lightly travelled secondary roads of Québec. This part was marred only by Marg Lemieux's unfortunate accident east of Montebello just when cycling was to become several

degrees safer as the traffic east of Hull started to thin out.

Despite a day of anxious waffling between Charlottetown and Wood Islands just before my departure for St. John's, brought about by a day's cycling in the cold rain, a gale out of the north, and a sore back, I decided to leave the group after the ferry crossing at Pictou and set off by myself. From New Glasgow to the Canso Causeway most of the ride was on the busy Trans-Canada Highway distinguished only by the large number of long steep hills, gloomy black spruce forests and swamps. A short excursion on the old road down to Havre-Boucher and over to the Canso Causeway gave a brief glimpse of the more scenic, but much longer, secondary routes along the coast. Just across the causeway is Cape Breton's only pulp mill operated by Scott Paper at Port Hawkesbury.

St. Peter's was a great place. I stayed at the Inn on the Canal (between the Atlantic Ocean and Bras D'Or Lake) and had a chance to visit the Wallace MacAskill Museum in the home which was his birthplace, and which contains a great number of his famous marine photographs (look at the Canadian dime). By taking route 4, I missed Baddeck where the Premiers were gathered to discuss the nation's tangled affairs, and I also missed the big hills on the Trans-Canada Highway. On the way up to Sydney I stopped at Rita MacNeil's for tea. Alas she wasn't there. Earlier that morning I narrowly avoided a monumental crash on the wet metal grating of the swing bridge over the St. Peter's Canal. Cyclists should dismount! It was a tough ride on the Trans-Canada between Sydney and the turn-off to North Sydney, all uphill against a strong northwest wind on four lanes with little or no shoulder, and BIG traffic. A better route probably exists on secondary Highway 305.

The 14 hour ferry ride to Argentia was unremarkable except for its length. A very strong northwest wind was blowing in Argentia and the moon was obscured by clouds, so as I had no headlamp, I took a taxi to Harold's Hotel 10 kilometres distant at Placentia Bay arriving at 11 PM on a dark and blustery night. Next morning with clear skies and a very strong north wind I returned to Argentia and embarked on what the highway sign said was a 118 kilometre ride to St. John's. Turned out to be 140 kilometres to mile zero, but a very scenic and enjoyable ride just the same with a short side trip to Butter-Pot Provincial Park for lunch. I stayed at the old Battery Hotel, and to celebrate my arrival went to a bar on the harbour front, where the bartender and others treated me to a double scotch and several beers. Next day, after the fog cleared, I rode up to Signal Hill as a conclusion to my long drawn-out cross Canada ride.

The trip distances in kilometres were: Pictou to

Antigonish 83, Antigonish to St. Peter's 106, St. Peter's to North Sydney 102, North Sydney to Argentia 426 (14 hours by ferry), and Argentia to St. John's 140.

Thanks are due to the CCCTS and the participants of the 1990 and 1993 Cross Canada tours for giving me the privilege or joining them for portions of those tours.

EXTENSION OF CROSS CANADA TOUR

- Marthe Lambert & Lise Brooks

We were ecstatic as we stood before the sign announcing "Welcome to St. John's—the Oldest City in North America." Though our arrival was not a big civic event, local folks at Trapper John's, a George Street Pub, shared our thrill of achievement and eagerly celebrated our success by SCREECHING US IN. That's a whole other story, having to do with our drinking habits and the anatomy of cod and puffin. However, we now count ourselves amongst the burgeoning and buoyant population of Newfies.

We spent six days in and around St. John's, enjoying the space and scatterings of sunshine. We felt privileged to visit with friendly homebodies in quiet rugged fishing villages—people with an incredibly rich sense of identity and willingness to share. We were indelibly marked by the importance of the cod fisheries—and we now put real faces to the loss of such a vital industry to Canada. We will never forget the ordinary people who reached out to us as visitors and as part of their own life.

But let us backtrack a bit—just to Cape Breton and the Cabot Trail. That was more breathtaking than ever imaginable. The Acadian countryside of Cheticamp, beautiful Ingonish, Mount North and foreboding Old Smokey, these are the stuff of dreams for all cyclists. They present a challenge and a reward with thrilling landscapes populated by faces of gentleness and reverence for nature. Pictures will never do justice to these people and their land. Quite naturally, we were always looking for our Budget Truck. We wanted to share our discoveries and excitement with Inge and Ian—another time, for sure.

In North Sydney we met a cyclist who claimed to have met "one of ours"—a capable senior rider in Ingonish sporting an orange helmet. It must have been Gentleman Jim and we were so sorry to have missed him—as always, hoping to compare notes.

An all too efficient flight by Canada 2000, and we were back to the reality of Québec and home life. But the memories of the road, of new friendships, and a lifestyle of exuberance were etched on each of us.

Two weeks later we were on the tour through the magnificent New England states, having joined

compatriots in Lake Placid, N.Y. The fall colours, misty mountains and sparkling coastal sunshine were highlights that punctuated three weeks of more friendships. It's amazing how oppressive weather and defiant climbs can weld a group of individuals into a team of adventurers—high-spirited and resilient as they face the challenge of the next day. Now, our photo albums bulge with memories and our muscles twitch at the thought of another venture in the saddle. We're hooked! Thanks to all of you across this great land—merci, merci, a thousand times merci. A bientôt!

MEMORIES - Bob Douglas

There are complimentary comments going around about the Newsbrief articles, of the recent Cross Canada tour, submitted by Joan Engman, Marge Lemieux and Horst Hees. Their contributions bring back pleasant memories, not only to those on the trip, but to those involved in similar incidents on other trips. Thanks and we look forward to future articles.

ARIZONA TOUR - Frank Jacobsen

If cycling in New England is like Caesar's salad, if cycling from Jasper to Banff is like steak and lobster, then surely a tour, led by Bruce Hudson, in northern Arizona is like strawberry shortcake. The landscape, especially in the high country, is rugged, beautiful and totally awesome. Our only challenges were hills, hills and more hills. I swear there were more vertical feet travelled uphill than downhill, even though we completed a loop.

Our tour had a slightly different format. There were four of us, Noreen and Albert Redford in addition to Bruce and myself. We stayed in motels, which was good, because the mornings are really cold in the high country at this time of year. Bruce donated his van for the tour which we took turns driving. Having so few people and a vehicle gave us tremendous flexibility. It was easy reaching a decision to deviate from the plan—which we did on several occasions. Bruce, in his weaker moments, even offered to drive us up several of the longer hills, offers we didn't have the wisdom to accept.

During the evenings, we were entertained by the Blue Jays winning the world series.

We set out on Monday, October 18. Bruce drove us a little north of Phoenix on highway 17. We cycled 50 miles to Wickenburg on highways 74 and 89. This was an uneventful day. We did take one side trip up a two-mile hill to view Lake Pleasant and Waddell dam. Our leader called this the honeymoon which would soon be over.

He was right. On Tuesday we cycled from Wickenburg to Prescott via highway 89. The first 14 miles had an ever-so-gentle upgrade following by the steep six-mile Yarnell hill accompanied by a head-wind. Bruce's American friends had told him that nobody (in their right mind) cycles up Yarnell Hill. After 18 miles of reasonable terrain, we were greeted by a seven-mile hill (and yes, a head-wind) in the Bradshaw mountain area. We were tired. It was a gentle six-mile downhill run into Prescott which put a smile back on our faces. In my opinion, because of the head-wind, it was to be our toughest day. Our cumulative vertical gain had been well over 5000 feet.

On Wednesday we started in below-freezing weather down a gentle downgrade which lasted for nearly fifteen miles. Just when we needed a hill to warm up, it was just down, down, down. We paid back with a gentle upgrade all the way into Ash Fork. We were to have cycled highway I-40 into Williams, but there was so much traffic spewing so much exhaust, that we put our bikes on the van and drove to Williams.

On Thursday, we were to have cycled 58 miles to Grand Canyon. But we decided not to miss the opportunity to hike down part of the canyon. So we drove to Grand Canyon, hiked down the Bright Angel Trail and the Plateau Point Trail to Plateau Point, about 3600 feet below the south rim. At this point we looked directly down on the Colorado River, some 1200 feet below. It was such a pleasant cool day, about 20 degrees C, that, had we had an earlier start, we could easily have hiked all the way down. It was a glorious day.

Friday was an easy day. We cycled east on highway 64, along the south rim of Grand Canyon, taking advantage of some of the many viewpoints overlooking the canyon. We also visited some ruins of natives who had lived and farmed in the area between 1100-1400 AD. At the junction of highway 89, we cycled south to Gray Mountain, a small community which seemed to be in the middle of nowhere.

Saturday turned out to be one of our more interesting days. Bruce's itinerary called for us to have a short cycle to Flagstaff, but he suggested a long detour—it has no highway number—which goes into Wupatki National Monument, into part of the Arizona Painted Desert, and past Sunset Crater National Monument. It also added a super downhill ride, dropping 2000 feet, followed by a generous climb of 2500 feet. There were numerous ruins in Wupatki. Sunset Crater is the remnants of North America's newest volcano. Instead of cycling 32 miles as planned, we finished by cycling more than 60.

We took Sunday off as a rest day and saw Flagstaff.

Monday turned out to be the highlight of our trip. We took highway 89A to Sedona, approximately 50 miles. The last 20 miles into Sedona is a steady hill going down through Oak Creek Canyon. It is this canyon which is lined on both sides by beautiful mountains of sculptured red rock which makes Sedona so popular. Should you ever be in this area, the Oak Creek Canyon is a MUST, even if you are forced to drive it in a car.

Sedona itself is just a tourist trap. We continued to Cottonwood and then on to Camp Verde on highway 260. During the day we had left the high country for the low country, a drop of approximately 4000 feet.

After we got settled in the motel, Bruce drove us up to Montezuma Castle National Monument. The "castle" is an old ruin of a village which had been carved out of the side of a cliff. It looked interesting but tourists aren't allowed to climb up to it.

Tuesday was payback time. It was back to the high country with a 4000 foot climb, but at least we didn't have the head-winds we experienced on day two at Yarnell and at Bradshaw mountain. It was also considerably cooler at 7000 feet than at 3000. When highway 260 met highway 87, we turned right and had a nice downhill run into Payson which is at 5000 feet above sea level.

On Wednesday, we continued on highway 87 and then turned left on 188 which took us to Roosevelt lake. We had a severe head-wind part of the day but there weren't any significant hills. We took a side trip to Tonto National Monument which is another village carved out of a cliff. We enjoyed this one more than Montezuma's Castle because we were able to hike up and explore the village.

Thursday was our last day. We had decided to combine the last two days into one. We started with another long seven percent climb on the way towards Globe. Before Globe we turned right on highway 60 and enjoyed several beautiful downhills on the way to Apache Junction. We did have one concern. We knew that we would have to go through a narrow dark tunnel close to Superior. When we got there, there was no traffic. Crafty Albert, who had been driving the van, got in behind us and held up the cars and trucks. Thank you, Albert. It was a super day.

For myself, it was the best tour I've ever taken. And Oak Creek Canyon was the best cycle ride I've ever had. I believe that our format, four people and one van, is ideal. Because of our small group, there were never any difficulties in reaching consensus. We deviated from the plan on several occasions. While I realize that some regimentation is necessary for large groups, my choice is for tours with few people—four or six seems perfect.

All of the credit for this perfect tour must go to our leader, Bruce Hudson. He meticulously planned the route, drove the majority of it before sending us the final itinerary. He cajoled the motels into giving us

their lowest rates. He researched the highlights along the tour. He wanted nothing for his van, nothing for pre-driving the route. On top of that, he kept us royally entertained with his hundreds of jokes, tales (some true, some printable) and anecdotes.

Thank you Bruce, from the three of us.

Best One-Liners: Old age and cunning will always surpass youth and enthusiasm. Life is tough and then you die.

Best (uncensored) tale: Three Brits, an English, an Irish and a Scotsman, went into a cafe for lunch. When the soup arrived for the three, there was a fly in each of their soups.

The Englishman was really upset. After tearing a strip off the waitress, he refused to pay and stomped from the cafe.

The Irishman must have been hungry. He quietly fished out the fly, laid it beside his plate, and ate the soup.

The Scotsman hurriedly ate the fly and said in a loud voice: "Waste not, want not."

Notable Trivia: Noreen Redford won four Gold Medals at the Seniors' Games at St. George, Utah, just prior to our tour. Congratulations Noreen!

BUNS OF STEEL - Joan Engman

When I returned home from the Cross Canada trip, I resumed hiking with my club. My first Friday hike saw me scouring the map detailing the hike that day - and in the corner was this little ditty which I would like to share with the CCCTS members:

HEROINE WITH BUNS OF STEEL

Joan Engman has remarkable feats
Which will endure, but what really beats
The imagination and makes it all so neat,
Is the Trans-Canada toughness of her seat!

Marge Lemieux continues to improve but is still having intensive physiotherapy four times a week. We will be thinking of you all on the 19th and wished we could be partying with you. Have a great time!

FOR SALE - Lynn Dick

Diamond Back Ridge Runner Mountain Bike - rare 18 1/2" (46cm) model - 15 speeds (Japanese frame). Strong chromoly doubled butted frame, forks; Braze-ons for racks, bottle carrier; sealed bearings. Good components; triple crank 24/36/46, rear cogs 12/15/19/23/28; custom built Araya 36 hole aluminum wheels, 15ga stainless spokes; 26x1.5; quick release. Specialized hubs; specialized

Crossroads tyres with raised centre line for road touring; W20 Avocet Gelflex seat on quick release post; full fenders; Cateye computer. A proven touring and commuting bike - very comfortable and very dependable. Black and silver colour. Price \$375, Lynn Dick 261-5092.

THANKS

We thank Steveston Bicycle, Newton Rocky Cycles, and Initially Yours Embroidery for their contribution of door prizes at our Annual Banquet.

VBC TO NEW ZEALAND - Felice Bennikou

The Vancouver Bicycle Club is planning a bicycle adventure in New Zealand; a four week trip leaving 1994 March 1, a three week trip joining a week later, and a six week group continuing on to Australia, possibly Tasmania or the Cook Islands. At this time we have 10 cyclists interested. An informal meeting will be held 1993 December 5. If interested contact Felice Bennikou at 943-6929. (I'll be on vacation, returning Dec 3.)

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) Jan. 26 - Feb. 8.

John Peck 538-0195

Participants: (10) John Peck, Bernice Gregory, Anne Ives, Albert Redford, Noreen Redford, Richard Lebek, Lee Kraft, Josie Zewiec, Cathie Freigang, Bruno Freigang.

Utah's Canyonlands April 10 to 27.

John Philip 531-0260

This 600 mile, 17 day circuit around the canyon country in southeastern Utah will be a self-contained camping trip with a flexible itinerary and without a support vehicle.

Itinerary: Moab - Canyonlands National Park -

Arches National Park - Green River - Goblin Valley - Hanksville - Hite Marina/Glen Canyon - Fry Canyon - Natural Bridges - San Juan Goosenecks - Mexican Hat - Monument Valley - Bluff - Blanding - Monticello - Moab.

Participants: (17) John Philip, Dorothy Philip, Joan Enman, Roy Towler, Pete Lazenby, Marion Orser, Ray Wilkinson, Kathy Wilkinson, Garfield Clack, Rob Curr, George Setterfield, Andre Kaufmann, Faye Wilson, Bart Howes, Anne-Marie Labourdette, Leila Montgomery, Robert Miller.

The Dempster Highway June 1 to 17.

John Peck 538-0195

This will be a camping tour with a support vehicle. The Dempster Highway is a gravel road which starts near Dawson City in the Yukon, and goes 750 km to Inuvik in the Northwest Territories. Mountain bikes are recommended.

Cost including airfare about \$1300. Ten dollars (non-refundable) is required by January 1 to keep your place on the list.

Limited to 25 participants.

Participants: (25) Elsie Dean, Faye Wilson, Joan Enman, Bruce Hudson, Marion Orser, Robert Miller, Russ Horsnell, Diane Horsnell, Barton Howes, Vic De Paul, Roland Reader, Rose Tanchak, Sonja Joos, Barbara Hetzer, Peter Mix, Tage Winckler, Grethe Winckler, Jack Fisher, Bobbie Redmond, Maurice Tanchak, Bob Jordan, John Peck, Dornacilla Peck, Verena Blatter, Diana Lifton.

Waiting List: (5) Leila Montgomery, Josephine Chapman, Horst Hees, Olive Thorn.

Ireland May 10? Ted Stubbs 321-2784

Participants: (8) Ted Stubbs, Pat Stubbs, John Jones, Rowan Ley, Bernice Gregory, Georgette Courchesne, Ray Berg, John Snuggs.

San Juan Islands, Washington

10 to 12 days in the second half of July.

Bob Douglas 435-3893

A camping tour with a support vehicle, costing approximately \$250, staying at Whidbey, San Juan, and Orcas Islands, and possibly Lopez Island. Maximum 25, \$15 by January 1.

Hike, bike and swim. Ride the Chuckanut Drive and visit Ferndale, Bellingham, La Conner, Deception Pass, Oak Harbour, Coupeville, Anacortes, Friday Harbour, Eastsound and Mt. Constitution.

A good and relatively easy trip for an introduction to cycle-camping.

Participants: (21) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Albert Manser, Ken Brothers, Marten McCready, Rose Tanchak, Margaret Fyfe, Roy Barrows, Emidia Lepore, Anne-Marie Labourette, Mary Yaremovich, Theresia Keet,

Theresa Green, Mike Kelly, Jody Andrews, Peter Noack, Anna Wiskerke, Cornelis Wiskerke, Leo Comeau.

Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, James Erickson, Anna Wiskerke, Cornalis Wiskerke.

BC 94 - August 4 - 30.

Diana & Al Lifton 468-5696

This year's tour (with support vehicle — Al driving) will take us through southern British Columbia. Much of the terrain will be steep as we make our way through the Coast, Cascade, and Monashee Mountain Ranges. Daily distance will be low, under 80 kms, averaging 61kms per day. The tour will start and end at Tsawwassen ferry docks. We will take the usual route on the north side of the Fraser River to Hope, then the Coquihalla Highway to Merritt, the Okanagan Connector to Westbank, Kelowna, and Vernon for our first rest day. Travelling east from Vernon, we will cycle through Lumby, Cherryville, Fauquier, Nakusp, New Denver, Kalso to Nelson for our second rest day. Turning west, we plan to take the southern highway No. 3, passing north of Castlegar and Rossland on the Nancy Greene Parkway to Christina Lake and Grand Forks, Greenwood, and Osoyoos for our third rest day. The last stretch and homeward bound will take us through Keremeos, Princeton, Manning Park, Hope, and back to Tsawwassen reversing our outgoing route.

Total distance: 1460 kms; cycling days: 24, plus 3 rest days (27 days in all). Cost: \$540 (\$20 per day). Participants will be listed as deposits (\$100) are received, before April 15, please. Balance (\$400) due by June 15.

Participants: (4) Diana Lifton, Al Lifton, Judy Jackson, Elsie Dean.

Bavaria September

Max Bissegger 536-3202

Participants: (2) Max Bissegger, John Peck.

Switzerland

Approximate dates: August 17 to September 7.

Andre Kaufmann 581-3923

Limited to 12 participants.

Participants: (12) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Mario Lovricic, Andre Milaire, Dennis Scolah, Freda Scolah, Vernon Patterson, Bill Hannan.

Waiting List: (3) Katryn Jeronimus, Judy Jackson, Richard Lebek.

Willamette Valley, Oregon

September 10-28

Ted Stubbs 321-2784

Participants: (14) Ted Stubbs, Pat Stubbs, Joan Enman, Anne-Marie Labourdette, Keith Clothier, Ken Brothers, John Peck, Albert Manser, Ray

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not 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.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Rae Wohlschlegel 592-6680 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

CALGARY WEEKLY TRIPS

Sundays: Meet at 9:30AM at Priddis store. Contact Bob Jordan 931-3227.

WHERE DO WE LIVE? - John Peck

Most of us live in the Lower Mainland and Vancouver Island. But did you know that 19 % are in Vancouver, Burnaby, New Westminster and Richmond; another 18 % live in Surrey, White Rock and Delta; 16 % live in Victoria, 11 % in the rest of Vancouver Island; 12 % live in other parts of B.C.; 5 % in Alberta, 2 % in the Prairies, 4 % in Ontario and Quebec. Five per cent live in the USA and 1 % in other countries. Since this survey was taken in winter, the US figure might be inflated with Snowbirds.

WANTED Complete set of front and rear panniers. Barton Howes 378-0927 or 594-5375.