

NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 13 No. 01

January 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office	Marion Orser	520-7636
The Island	Horst Hees	389-1152
	Jim Brett	383-4303
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

PRESIDENT'S CORNER

We now have a new (to us) computer in the office being masterfully handled by John Peck. Since this computer has greater capacity and is twice as quick as the old one, John will need to spend half as many hours per week at the office as he spent before!!.

Glad to hear Eila Taylor is recovering and perky enough to write to us. Spring is coming Eila, we look forward to seeing you on our rides.

Our constitution, written when we formed a charitable society in 1982-3, has been carefully screened by a committee led by Marion Orser. Some portions have been deleted, some added and some words replaced to confer the correct meaning. This has been a major undertaking, the committee deserves our sincere thanks. The changes will be presented to everyone prior to the AGM; where

approval will be sought. Then Victoria!

I don't really understand why, but some of our members are leaving our beautiful sunny weather to spend 2 weeks in Hawaii, our first trip of the year which starts Feb 1. Happy cycling!

The dark wet days of winter are slowly being left behind so get your bicycle tuned up and ready for our great summer rides---brighter days are ahead. Get your names in early for the tour(s) of your choice. *Cycle safely and sanely.*

Editor's note: While I am fully aware that a lowly editor is not supposed to question the musings of our exalted president I just could not help but comment on his remarks on leaving our sunny climate for foreign shores. Really Ted, your tongue is so far in your cheek you are in danger of losing it. If ever we have deserved comments about our gray and wet winter on the west coast surely it is this winter. If it goes on much longer our whole population will want to move to Hawaii!

EDITOR'S NOTEBOOK

The Newsbrief is limited to 3 pages this month due to the the need to enclose a copy of the membership list so I have had to defer some items. Next month it will be a week late as both John Peck and I will be in Hawaii, John cycling the Big Island while I luxuriate in a hotel on Kauai.

Bon voyage to Katryn Jeronimus who is on her way later this month to do a 3 month volunteer stint with a medical team in Guatemala. Katryn, I hope you will keep us informed of your experiences while down there.

LETTERS TO THE EDITOR

Thank you for publishing my articles on the Seniors' Games. As far as I know everything has been finalized for 1995. So now we can move on to 1996.

ARIZONA 94-11 - Terry Green

What a relaxed and carefree trip this was. I won't go into any detail except to say a hearty thank-you to Bernice for all that she did for us.

We were spoiled thoroughly, and it was grand. Thanks Bernice.

AUSTRALIA/NEW ZEALAND TOUR - Dennis Parsons

Editor's note: We did not receive any report from Dennis for this Newsbrief and I would just like to say: "Dennis, wherever you are, we missed hearing from you."

CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian polley vice president, CCCTS.

1996 CCCTS TOURS

Hawaii 1996 Jan 31 - Feb 14.

Bill Hook 604-595-4315 John Peck 604-538-0195.

This is ready to go and there is a waiting list. Participants will receive a bulletin with this Newsbrief.

Participants (16) William Hook, Barbara Faulkner, John & Zel Harvie, Jack Sheppard, John Peck, Bruno & Cathie Freigang, Roy & Helen Goodchild, Dan & Jerry Baris, Wendy Pearson, Bobbie Redmond, Bruce Ross, Frank Weber.

Cross Canada - Jun 1 from Vancouver - Sept 15
Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms,

max 25.

\$100 non-refundable deposit required at time of registering for the tour. Please forward all deposits directly to the office rather than to Felice.

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. Estimated cost from Vancouver is \$2500 including ferry fares to Newfoundland and PEI. When making bookings please indicate which portion of the tour in which you intend to participate.

Interested participants: (23) William Armstrong, Bill Augusteijn, Felice Bennekou, David Brandon, Jim Brett, Betty Darvell-Jones, Elsie Dean, Carl & Joyce Dukeshire, Joan Engman, Joan Enman, Marilyn Harkley, Sonja Joos, Cathy Mcpherson, Shirley & David Middleton, Gilles Prud'homme, Christina Radnai, Alex Soukoreff, Thom Tuma, Wayne Waardenburg, Al Westnedge, Jim Wolff

Revised and according to Felice final Itinerary:

June 1 (day 1) Ladner to Hatzic Lake 70k, day 2 Hatzic to Hope 95k, day 3 Hope to Merritt via the Coquihalla Hwy, 110k, day 4 Merritt to Kamloops 95k, day 5 Kamloops to Salmon Arm 110k, day 6 rest day, day 7 Salmon Arm to Revelstoke 107k, day 8 Revelstoke to Kinbasket Lake 105k, day 9 Kinbasket Lake to Golden 50k, day 10 Golden to Field 65k, day 11 Field (BC) to Banff (Alberta) 84k, day 12 rest day, day 13 Banff to Calgary 145k, day 14 Calgary to Drumheller 138k, day 15 rest day, day 16 Drumheller to Cereal 127 k, day 17 Cereal to Kindersley (Sask) 120k, day 18 Kindersley to Rosetown 85k, day 19 Rosetown to Saskatoon 115k, day 20 rest day, day 21 Saskatoon to Lanigan 125k, day 22 Lanigan to Foam Lake 105k, day 23 Foam Lake to Yorkton 95k, day 24 Yorkton to Roblin (Man) 80k, day 25 Roblin to Dauphin 95k, day 26 rest day, day 27 Dauphin to Clear Lake 55k, day 28 Clear Lake to Neepawa 105k, day 29 Neepawa to Portage la Prairie 100k, day 30 Portage la Prairie to Winnipeg 90k, day 31 (July 1) rest day, day 32 Winnipeg to Rennie 130k, day 33 Rennie to Kenora (Ont) 84k, day 34 Kenora to Nestor Falls 130k, day 35 Nestor Falls to Ft Francis 86k, day 36 Ft Francis to Atikokan 148k, day 37 Atikokan to Shebandowan 94k, day 38 Shebandowan to Thunder Bay 85k, day 39, rest day, day 40 Thunder Bay to Nipogon 121k, day 41 Nipogon to Terrace Bay 105k, day 42 Terrace Bay to Marathon 91k

Editor's note: Felice has now completed a very detailed and extensive itinerary which is available at the office. Space did not permit printing her entire itinerary, it will be completed next month.

Kootenay 96 May 19 - June 1

John Peck 604-538-0195

A camping tour with a support vehicle. Begins and ends at Kelowna. \$10 by Jan 1 to be on the list, balance of \$290 by March 15 (total \$300). Dates may change slightly.

Itinerary: Kelowna; Beaverdell 80 k, Greenwood 80 k, Christina Lake 68 k, Castlegar 78 k, Kokanee Creek Prov park 67 k, (through Nelson to) Mirror lake (near Kaslo) 42 k, New Denver 50 k, Rest day, Burton Park 80 k, (across Arrow Lake to) Spruce Grove 80 k (near Lumby), Vernon 60 k, Kelowna 80 k. Total 765 k.

Max 24 Participants: (23) Elsie Dean, Pat Stubbs, Ted Stubbs, Horst Hees, Margaret Fyfe, Ingo Vanderveer, John Peck, Wendy Pearson, Bob Douglas, Anne-Marie Labourdette, Robert Curr, Theresia Keet, Vernon Patterson, Donna Nicholas, Yvonne Miller, Carl Rorison, Jean Richards-Carter, Catherine Mick, Bruce Ross, Max Bissegger, Frances Bissegger, Audrey Hayes, Pete Cordoni.

Bella Coola 1996 - 17 days, July 2 - 18 (first group)

Coordinators: Al and Diana Lifton Phone 604-468-5696; fax 604-468-5691.

Maximum: 8 to a group (3 or 4 groups could follow each other depending on the response).

Estimated cost: \$600.

Cycling distance: 1000 k.

Deposit: \$100 due April 1, balance due June 1 (deposit is not refundable if numbers drop below 8 after the tour is set to go)

This is a camping/support vehicle tour. For various reasons, this tour is different than usual. We plan to rent an 8 person van with the appropriate equipment to allow heavy-duty bicycle racks (capable of carrying all 8 bicycles), one to be mounted at the front, and the other at the back of the vehicle. All 8 persons bike, drive, shop for groceries, and share cooking duties.

Itinerary: Starting in Horseshoe Bay, cycle north (highway 99) through Squamish, Whistler, Duffey Lake, Lillooet, and on to 100-mile House (highway 97) for a rest day; then carry on to Williams Lake, turn west (highway 20), and cycle through the Chilcotins and Tweedsmur Park to Bella Coola. Having arrived at destination, load bikes on the van and drive home.

There may be other times, also, when one or more may consider cycling not the best option -- gravel road, hills up to 18%, heavy rain, and excessively long distances between campgrounds. The 8 person van, accommodating cyclists, bikes, camping and personal gear, permits each member to decide what's best for him/herself at any particular time.

Interested Participants (5) Al & Diana Lifton, Elsie Dean, Judy Jackson, Pete Cordoni

San Juan Islands - 11 days, Mon July 22 - Thurs Aug 1

Bob Douglas - 604-435-3893; camping with a support vehicle. Relatively short rides but some hills. Swimming, sight seeing and hiking opportunities.

Estimated cost \$265. Reservations must be made by the first week in January so please send \$15 deposit by December 30th.

Participants: (17) Doc Watson, Horst Hees, Don Gowing, Bob Douglas, Judy Jackson, Ray Merness, Elizabeth Pecknold, Lloyd Smith, David & Virginia Brown, Carl Rorison, John Peck, Catherine Lynch, Barton Howes, Faye Wilson, Alex & Ann Markus.

Whistle the Rapids - Barton Howes

604-378-0927 Aug 11 to 30 A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel. Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt; Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$20 upon registering, balance of \$30 by Jan 31. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: (8) Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks, Margaret Fyfe, Roy Barrows, David Brown, Audrey Hayes.

Fernie - Waterton - Aug 31 to Sept 11

Ted Stubbs 604-321-2784.

This is a 600k camping, with a support vehicle, tour of Waterton and Glacier International Peace Park starting in Fernie, travelling through the Crow's Nest pass to Waterton where we will spend a few days hiking or exploring. Then we'll go through the border to Glacier Park with it's "Going to the Sun" highway--an engineering marvel completed in 1932. This is a land of high mountain ranges with sculptured glacial valleys, ice cold lakes that mirror mountains and sky; wildflowers and wild life flourishing in alpine meadows, and prairie grasslands. Sound exciting?? After we leave the park we go to Whitefish, join Hwy 93 and cycle back to Fernie.

Aug 30 Fernie hostel 52k, Aug 31 Crowsnest Prov Park 70k, Sept 1 Beauvais Lake 70k, Sept 2 Waterton youth camp 69k, Sept 3 & 4 rest days, Sept 5 Rose Cr 81k, Sept 6 Sprague Cr 59k, Sept 7 rest day, Sept 8 Whitefish 60k, Sept 9 Dickey lake 59k, Sept 10 South Country, hwy 3 82k, Sept 11 Fernie 32k.

It is not possible to reserve campsites in Glacier Park so we could take an extra day or two. As I have to make reservations please send \$20 by Feb 1.

Interested Participants: (14) Keith Clothier, Shirley

Mae & Jim Jeffrey, Ted & Pat Stubbs, Eleanor Bannister, Jean Horrocks, Horst Hees, Janice & Ron Pickerill, Ray Merness, Margaret Hunter, John Hickman, Marion Orser.

Western Australia - Mid Sept. - end of Oct.

Rae Wohlschlegel 604-592-6680 A self-contained tour. Please send your deposit to the CCCTS office if you have not already done so.

The tour leader plans to accommodate camping and/or hotels/motels where available and whichever one where only one is available. For those who do not wish to camp at all, and there are a few of you so you won't be alone, the itinerary can be adjusted to suit you. Details of the tour can be obtained by contacting Rae or the CCCTS office.

We need \$200 by Feb 1 for accommodation deposits. Each person will pay their own way during the tour, i.e., accommodation, food etc. My cost over 11 days (while driving) was under \$26 per day, based on half tenting, 2 hotels, the remainder hostels, and an occasional restaurant. Each participant will be receiving a questionnaire about preferences. Please arrive in Perth September 15th. I will be back in Victoria on January 18th.

Will all participants please contact Dan Perch of ANZA Travel re your travel plans. He has a toll free number from anywhere on the continent 1-800-668-6612. Please make out all cheques payable to CCCTS and mail them to the office.

Revised itinerary: Midland 26k, Toodyay 70k, York 67k, Quairading 75k, Kondinin 115k, Wave Rock 70k, RD, Kulin 85k, Wickepin 70k, Wagin 90k, Katanning 56k, Cranbrook 85k, Porongurup 65k, RD, Albany 55k, RD, Denmark 70k, Peaceful Bay 60k, Walpole 40k, Shannon 66k, Pemberton 60k, Nannup 80k, RD, Augusta 90k + 16k to Cape Leeuwin and back, Hamelin Bay 20k, Margaret River 45k + 45k to Berry Farm, Dunsborough 55k + 32k to Cape Naturaliste and return, RD, Bunbury 75k, Preston Beach 60k, Mandurah 58k, Fremantle 60k, RD, (trip to Rottnest Is), Perth 20k; 34 days, 1900k.

Participants (24), Max 25: Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel, Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weiss, Bob Miller, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Mary Jane Edwards, Sylvia Bailey, Bobbie Redmond, Carl Rorison, Jean Horrocks.

New Zealand South Island - 6 weeks

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10 am at the south-east corner of

Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Tuesdays/Thursdays: Meet at 10 am at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY TRIPS

Victoria:

- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

Nanoose/Parksville:

Thursdays: Meet at 11 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

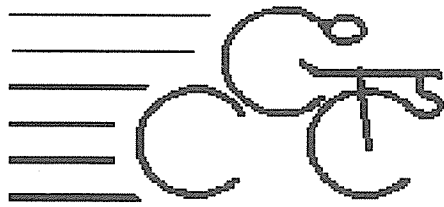
NON CCCTS-SPONSORED RIDES.

The normal purpose of this section is to provide a service to enable members to extend an invitation to other members to join them in small non Club-sponsored tours. All arrangements are made directly between the organizer and the participants: not through CCCTS.

16 Day Tour of France - Ray Merness

Ray intends to start the tour at Vandome, 140k southwest of Paris, and cycle through the wine country to the Spanish border. The route chosen by Ray is based on a professional tour which describes it as the very best cycle tour in France. He mailed us a description of the route and it sounds great. The ride will be based on staying at very reasonably priced hotels and will be limited to 6 participants.

Ray has not yet determined the dates but it will either be in June or in the Fall. He has to make firm bookings shortly. If interested contact him for more details at RR1 PO Box # Jolly 14, Halfmoon Bay BC V5Z 3K3 or phone 604-885-4506. Do not contact the office.



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PRESIDENT'S CORNER

What beautiful weather! A little too cool for comfortable cycling but warm compared to the -40°C that we had while skiing at Lake Louise last week. And while one must never interfere with the 'freedom of the press' how could our editor suggest that I had tongue in cheek when I spoke of our lovely sunny weather?

Our '96 tours are firming up. As you read this the first is underway with John Peck and Bill Hook at the controls. Don't forget our spring social coming up in April; all the trips will be laid out for you in detail.

With the continued growth of the cycle club we have reached the point where we find the need to provide the facilities for a third support vehicle. This year

with the Cross Canada tour we have at least two instances where our tours overlap requiring a third vehicle. So let's have some more tours. If you know of areas that you would like to explore research them and propose them to the Society.

EDITOR'S NOTEBOOK

Well here we are back in sunny Vancouver after suffering through two weeks of sunshine and coming home thoroughly water logged from copious amounts of swimming, snorkling in the bays and over and through the reefs and boogeying on the waves of the warm Pacific. Upon landing in Kaua'i we were greeted with rain so heavy it looked like a giant waterfall and a wind so strong that the rain appeared to be flowing horizontally rather than vertical. Step out for one second and you were soaked to the skin. In fact it was raining so hard there was nothing left after about 30 minutes and we had to contend with nearly dry skies for the rest of our stay. It was great to get away from our mainland weather at the time - no matter what Ted says.

Once again I must thank Mary for entering data in my absence and to apologize to John for phoning him early in the morning to determine if he was going to prepare the envelopes for mailing. It appears that his plane was delayed several hours and he did not get back from his Hawaii tour until around 4 am. Ours was also delayed and we had to suffer spending the night at the airlines expense at the Kaua'i Marriott, the most pretentious hostelry on the island. Life is tough.

It really is amazing every time I prepare your monthly epistle I end up with needing an additional 2 - 3 columns to fill a page and I have to scramble for filler so please send in any interesting items that I might use that does not require too much midnight oil to edit.

every day even when only Bill and I were left, though we couldn't produce the several kinds of alcohol, the chips, the cheeses and cold meats which became part of every H.O.

It was after the previous night's H.O. that the 'boys' took so long in reaching Kwanda. True, they did have several flat tires to contend with. It was during an H.O. in a bird sanctuary that a bandicoot joined us. It was during H.O.'s that Leila and the ladies put the final touches to the evening meals. I always had the feeling that Leila did not want me in the kitchen. I got my chance when she went to Glanmer (?). Josie and I made bread and cooked macaroni and cheese which was ready before H.O. It was at H.O. that the two youngest newly retired, Monty and Morris, came to be known as the 'boys'. Morris retaliated by naming Bengt and I the "Silver Bullets". Admittedly not many can maintain our speed - it needs skill to keep one's balance at our pace.

It was at an H.O. in Christchurch that our Backpacker host gave us a refund because we'd stayed more than a week! Bengt contributed to our delinquency by plonking down a bottle of spirits or a flagon of wine now and again. We kept him on ginger beer and having one too many one H.O. he magnanimously took us to a very posh place in Blenheim, pronounced "Bleenum", for dinner to celebrate his 20th year of abstinence.

On the night before the 42nd day when folks had to return to Canada, Leila and Josie prepared a sumptuous array of hors d'oeuvres and found candles and balloons to add a festive touch. Many nice things were said. Thank you again, you were marvellous. Good on yer. (?) I had a great time, didn't we? There will not be a trip like this one again although I do have another unique trip planned for this fall. Consider that Jock is bringing his bagpipes. Bill has a fiddle. Cyril is riding an horse which lost its front legs. He claims that since it uses two wheels for support that is close to being a bicycle. Imogene plans to knit while riding - she has rods attached from each hip to the handlebars to free her hands. And I intend cycling backward because of my nostalgia. Get your names in fast folks if you want to get on the list.

If the two most pleasant sounding words in the English language are 'cellar door' could the two most unpleasent be 'wet tent'?

Editor's note: Dennis, from the description of your proposed fall tour your happy hours must have indeed been something to behold (experience). "wet tent" I can understand but would you please inform this unworthy editor and our readers why you

selected "cellar door" as the most pleasant words in the English language.

THE "F.E.A.R. RIDE "

Formerly B.E.A.R. ride, the name change proved to be a wise and judicious decision, particularly this year. Six hardy souls appeared at the Peace Arch border crossing lot at 8:45 am on January 1st under grey, leaden skies and with light rain. Since we were all 'rain proofed' we decided to go as far as the skies permitted agreeing to stop at various locations to see if all was still 'go'. Along Birch Bay were the usual hundreds of birds but this year no spectacular views of the mountains and islands as in the previous two years. It wasn't cold and the rain was minimal so we continued. At the bottom of one of two small hills on a long straight stretch of road a tire eating object attacked my rear tire biting a sizeable hole in it. I shouted to Lynn and Noreen who were slightly ahead but with a headwind, neither heard me. That didn't seem a problem until the circumstances that were to follow unfolded. I removed the wheel, tire and tube; checked the tire to see how bad it was, it was OK, and then the tube. Not only was it not usable but whatever ate it took a chunk out much bigger than all my patches could cover. It must have been a refugee from the French nuclear testing program! No problem, get out the new spare tube, put a little air in it and insert inside the tire, remount the wheel and put some more air in the tube. I hate rear wheel flats at the best and I was to hate this one even more. Continue pumping, after several plunges - nothing. This small, single shot, light-weight, brand name pump is useless at the best of times and Lynn is now many miles down the road with the good reliable high pressure job.

To digress at this point. What happened to the ladies? Would they return bearing good pumps or maybe an extra tube? No, Noreen and I both had red clothes; Lynn who is away ahead before she crests the second hill some 2-1/2 miles away checks back, sees red on the horizon, thinks OK and disappears over the hill.

Back on the scene of the tire crime the rain is beginning in earnest. I pump again. Nothing but hissing. The pump or the tube??? Quick diagnosis and it's the tube. Some profanity and off with the wheel and out with the tube. Damn, a leak right at the base of the valve stem - not easily fixable so I now have two useless tubes and a walk of about six miles. No cars or trucks and the odd one that passes merely waves back or is going so fast they appear to be a blurr. One more rummage through my tool kit - nothing. Aha, what about the small pocket at the rear of my rack pack - yes, a small blue-sealed package identifying a very reliable pink Clement

ends at Kelowna. \$10 by Jan 1 to be on the list, balance of \$290 by April 15. (total \$300)
Itinerary; Kelowna; Beaverdell 80 k, Greenwood 80 k, Christina Lake 68 k, Castlegar 78 k, Kokanee Creek Prov park 67 k, (through Nelson to) Mirror lake (near Kaslo) 42 k, New Denver 50 k, Rest day, Burton Park 80 k, (across Arrow Lake to) Spruce Grove 80 k (near Lumby), Vernon 60 k, Kelowna 80 k. Total 765 k.

Participants: (24) Elsie Dean, Pat & Ted Stubbs, Horst Hees, Margaret Fyfe, Ingo Vanderveer, John Peck, Wendy Pearson, Bob Douglas, Robert Curr, Theresia Keet, Vernon Patterson, Donna Nicholas, Yvonne Miller, Carl Rorison, Jean Richards-Carter, Catherine Mick, Bruce Ross, Max & Frances Bissegger, Audrey Hayes, Art & Joan Thompson, Sylvia Mather.

Wait-listed (11): Jim & Shirley Mae Jeffrey, Glen Smith, John Drinnan, Bill Hook, Barbara Faulkner, Leila Montgomery, Josie Zewiec, Vikki Bernhardt, Martine Donahue, Jean Horrocks.

Editor's note: As this appears to be a very popular tour John Peck suggested that perhaps someone might volunteer to lead a second tour. If so John could supply all the details.

Cross Canada - Jun 1 from Vancouver - Sept 15
Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25.

\$100 non-refundable deposit was required by Nov 1, 1995 with balance due by Apr 1, 1996. Please forward all deposits directly to the office rather than to Felice.

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland.

Felice is reviewing the previous cost estimate of \$2500 as costs seem to be higher than anticipated due to GST and inflation. The revised figure will be available in March.

If you have not already done so please advise Felice ASAP what your starting/ending location will be, i.e Tofino to St John's etc and what portion of the tour you wish to participate. Detailed itineraries will be available at the AGM for Lower Mainland and Victoria participants and been mailed to all others

Interested participants: (23) Felice Bennekou, Betty Darvell-Jones, Al Westnedge, William Armstrong, Joan Enman, Wayne Waardenburg, Gilles Prud'homme, Marilyn Harkley, Christina Radnai, Bill Augusteijn, Jim Brett, David Brandon, Thom Tuma, Shirley & David Middleton, Sonja Joos Cathy Mcpherson, Carl & Joyce Dukeshire, Elsie Dean, James Wolff, André Milaire, M.J. Edwards.

Revised and according to Felice final Itinerary continued from last month's Newsbrief:

July 13 (day 43) Marathon to White River 100k, day 44 White River to Wawa 98k, day 45 rest day, day 46 Wawa to Montreal River 110k, day 47 Montreal River to Panakaka Bay 85k, day 48 Panakaka Bay to Saulte St Marie 84k, day 49 rest day, day 50 Saulte St Marie to Thesselon 78k, day 51 Thesselon to Spragge 85k

day 52 Spragge to Whitefish Falls 100k, day 53 Whitefish Falls to Miller Lake 115k, day 54 Miller Lake to Owen Sound 81k, day 55 rest day, day 56 Owen Sound to Elmvale 94k, day 57 Elmvale to Norland 111k, day 58 Norland to Bancroft 130k, day 59 Bancroft to Denbigh 80k, day 60 Denbigh to Renfrew 68k, day 61 Renfrew to Ottawa, 100k, day 62 (Aug 1) & day 63 rest days, day 64 Ottawa to Hawkesbury 102k, day 65 Hawkesbury to Montreal Quebec 75k

days 66 & 67 rest days, day 68 Montreal to Trois Rivieres 145k, day 69 Trois Rivieres to Quebec City 130k, days 70 & 71 rest days, day 72 Quebec City to Baie-St-Paul 100k, day 73 Baie-St-Paul to Tadoussac 120k, day 74 Tadoussac to Parc du Bic 86k (includes ferry to Trois Pistoles), day 75 Parc du Bic to Amqui 125k, day 76 Amqui to Campelton (NB) 110k, day 77 Campelton to Nigadoo 100k, day 78 rest day, day 79 Nigadoo to Loggieville 106k, day 80 Loggieville to Bouctouche 110k, day 81 Bouctouche to Cape Tormentine 125k,

day 82 Cape Tormentine (NB) to Cavendish (PEI) 65k, day 83 Cavendish to Charlottetown 45k, day 84 rest day, day 85 Charlottetown (PEI) to Pictou (NS) 75k, day 86 Pictou to Linwood 120k, day 87 Linwood to Inverness 95k, day 88 Inverness to Cheticamp 95k, day 89 Cheticamp to Dingwall 80k, day 90 rest day, day 91 Dingwall to Ingonish Beach 50k, day 92 Ingonish Beach to Englishtown 70k, day 93 (Sept 1) Englishtown to North Sydney 50k, day 94 North Sydney (NS) to Channel-Port-aux-Basques & 5 hour ferry crossing to Newfoundland & cycle to J T Cheeseman Prov Park 15k

day 95 Crabbes' River to Barachois Pond 80k, day 96 Barachois Pond to Deer Lake 70k, day 97 Deer Lake to Rocky Harbour 72k, day 98 rest day, day 99 Rocky Harbour to Deer Lake 72k, day 100 Deer Lake to Indian River 120k, day 101 Indian River to Beothuck 85k, day 102 Beothuck to Notre Dame 66k, day 103 rest day, day 104 Notre Dame to Gander 55k, day 105 Gander to Charlottetown/Musgrove Town 105k, day 106 Musgrove Town to Bellevue Beach 120k, day 107 Bellevue Beach to St John's 100k.

Hurray we will have done it! **Total kilometers 8320**

Editor's note: Felice has completed a very detailed and extensive itinerary which is available either at

the office or from Felice.

Bella Coola 1996 - 17 days, July 2 - 18 (first group)

Coordinators: Al and Diana Lifton Phone 604-468-5696; fax 604-468-5691.

Maximum: 8 to a group (3 or 4 groups could follow each other depending on the response).

Estimated cost: \$600.

Cycling distance: 1000 k.

Deposit: \$100 due April 1, balance due June 1. (deposit is not refundable if numbers drop below 8 after the tour is set to go)

This is a camping/support vehicle tour. For various reasons, this tour is different than usual. We plan to rent an 8 person van with the appropriate equipment to allow heavy-duty bicycle racks (capable of carrying all 8 bicycles), one to be mounted at the front, and the other at the back of the vehicle. All 8 persons, bike, drive, shop for groceries, and share cooking duties.

Itinerary: Starting in Horseshoe Bay, cycle north (highway 99) through Squamish, Whistler, Duffey Lake, Lillooet, and on to 100 Mile House (highway 97) for a rest day; then carry on to Williams Lake, turn west (highway 20), and cycle through the Chilcotins and Tweedsmuir Park to Bella Coola. Having arrived at destination, load bikes on the van and drive home.

There may be other times, also, when one or more may consider cycling not the best option -- gravel road, hills up to 18%, heavy rain, and excessively long distances between campgrounds. The 8 person van, accommodating cyclists, bikes, camping and personal gear, permits each member to decide what's best for him/herself at any particular time.

Participants: (8) Al & Diana Lifton, Elsie Dean, Judy Jackson, Peter Cordoni, Bruce Ross, Frank Jacobsen, Leila Montgomery; wait-listed (1): Dennis Parsons).

San Juan Islands - 11 days, Mon July 22 - Thurs Aug 1

Bob Douglas - 604-435-3893; camping with a support vehicle. Relatively short rides but some hills. Swimming, sight seeing and hiking opportunities.

Estimated cost \$265. Reservations must be made by the first week in January so please send \$15 deposit with registration.

Participants: (32) Doc Watson, Horst Hees, Bob Douglas, Ray Merness, Elizabeth Pecknold, Alex and Anna Markus, Lloyd Smith, David and Virginia Brown, Carl Rorison, John Peck, Catherine Lynch, Barton Howes, Faye Wilson, Pete & Shirley Cordoni, Joyce Bowen, Russ Kelley, Rose Tanchak, Mary Yaremovich, Betty McCulloch, Thom Joyce, Josie Zewiec, Eleanor Bannister, Ben Kihlman, C. Saliaris, Leila Montgomery, Brian

Lamb, Dennis Parsons, Olive Balabanov, Victor DePaul.

Editor's note: I do not have a maximum number of participants and will try to have this information by next month

Whistle the Rapids - Barton Howes

604-378-0927 Aug 11 to 30 A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel. Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt; Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$20 upon registering, balance of \$30 by Jan 31. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: (10) Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks, Margaret Fyfe, Roy Barrows, David Brown, Audrey Hayes, Joyce Bowen, John Hiza.

Fernie - Waterton - Aug 29 - Sep 11.

Ted Stubbs 604-321-2784.

A 600k camping, with support vehicle tour starting in Fernie BC.

The tour will include Waterton Park in Canada and Glacier National Park in the US. More information in subsequent Newsbriefs.

Participants: (18) Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Horst Hees, Ray Merness, Ron & Janice Pickerill, Margaret Hunter, John Hickman, Marion Orser, Bill Hook, Margaret Faulkner, Vikki Bernhardt, Brenda Borron, Bob Forsberg.

Editor's note: Ted has not stipulated a cost for the Newsbrief nor a maximum number of participants which I shall endeavour to obtain for next month

Western Australia - Sep 15 (lv Perth) - Oct.21

Rae Wohlschlegel 604-592-6680 A self-contained tour. Please contact Dan Peach ANZA 1-800-668-6612 re your airline plans.

The \$200 requested Sep/95 is for airlines only and easily returned if not used.

The \$200 requested Jan/96 is mainly for accommodation deposits and required from all participants. Please make all cheques payable to CCCTS and mail them to the office.

Accommodation is either camping, trailers, hostels, or motels/hotels. This tour can be done without tenting and also can be done with almost all tenting. Tour leader will be mailing each participant information and a questionnaire.

My costs over 10 days for accommodation and food was under \$26/day. Based on this I figure costs on



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 13 No. 3

March 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office	Marion Orser	520-7636
The Island	Horst Hees	389-1152
	Jim Brett	383-4303
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

PRESIDENT'S CORNER

Well, after much discussion amongst the directors, we are now moving to build and purchase more equipment so we will be able to have 3 tours going at the same time. This will give us greater flexibility in scheduling tours which have overlapping timetables.

John Peck's tour in the Kootenay's has exploded and he has now decided to have a second tour, 3 days from the first! To be lead, I'm told, by a couple of fun loving cyclists, first time leaders, Jim and Shirley Mac Jeffrey. Sounds like a great time, come and join the fun! It might be possible, if you are on the first group, to spend 3 days at a certain spot then catch the second tour when it comes through --- check with John. Our most popular trips are always those in BC, much less travel time for most of our

cyclists being the primary reason.

Now for a note of warning --- summer is fast approaching, and with it the strong rays of the sun. Ultraviolet rays, both A and B are powerful enemies of our skin. Ultraviolet B is the most harmful, affecting the outer layers, causing sunburn, delayed tanning, skin aging and *skin cancer*. UV B is strongest in the summer especially between 11 am and 4 pm. UV A, while not as powerful as UV B, is present all year and contributes to premature aging of the skin and *skin cancer*. OK so you knew all that, but please take care, cover up, put on lots of sun screen, and don't take the word of your doctor. If you suspect you have a problem --- get a second or a third opinion. End of sermon!

Editor's note: I would like to point out that Ted is talking from experience when he mentions the damage that UV rays can cause as he is now recovering from painful facial surgery.

EDITOR'S NOTEBOOK

Thirty-six people with 36 bikes and one dog (Misty who rides on the back of Fay Wilson's bike) participated on the Tuesday/Thursday Ladner ride on Tuesday, March 12 breaking the old record of 36 riders with 35 bikes and one dog (Misty).

Congratulations to our very special auditor, Josie Curtis, on her 50th wedding anniversary.

Some interesting data on skin cancer:

- 50,000 Canadians will get skin cancer this year.
- Children born today have a one-in-seven risk of developing this disease during their life time.
- Almost all skin cancers are preventable.
- Skin cancer is the most common type of cancer in Canada.
- This year 3,000 Canadians will get melanoma skin cancer and 500 will die from it.
- Most skin cancer, including melanoma can be cured if treated at an early stage.

LETTERS TO THE EDITOR

Newsletter invites further input. I feel that the article omits some items that may explain the Board's decisions and help restore any lost confidence in the Board. These are:

- a second tour conflict, again for a short period, i.e. the Bella Coola and San Juan trips
- a significant growth in membership since our last increase in equipment
- the majority of directors were of the opinion that a re-organization of office and storage space would eliminate or at least delay a rent increase
- a director offered to store excess equipment

Bob Douglas

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Well you asked, so here it is, "when is the office attended?" Ken Grieve remains our reliable Monday person. His usual time of arrival is sometime in the early afternoon. John Peck usually is in on a Tuesday around 9 am to keep the membership files up to date. Bob Douglas checks to see who has sent in checks (cheques), usually on Thursday. Mary Eickhoff is in from time to time to assist with the Newsbrief or do the directors' minutes and time permitting handles any calls or mail. Mary attempts to get out before the rush hour traffic. Margaret Fyfe is our backup person presently. Her time in the office is dependent on what hours she is working. I go in sometime Friday afternoon or Saturday to see what might be left and generally do other chores of the Office Manager. (Vacuum the floor, wipe down the desk, throw out the garbage.) Maybe you should try calling our home answering machines - the response will probably be faster!

Marion Orser

Editor's note: For what it is worth, and just to give another opinion, we do have an answering machine (of sorts) which can be remotely accessed so calls can be handled without having to come in to the office. Tour leaders and directors are frequently away on trips etc and leaving a message on their answering machine might not be too satisfactory. Also there is at least one tour leader who has not resorted to having an answering machine.

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There has been some discussion of special benefits for ride leaders. Some lead rides because they enjoy doing so. Others do it because they feel they should contribute as repayment for the benefits received from the Club and the realization that it is necessary if the Club is to remain a vital entity. The Club and the individual leaders would gain from special

privileges if it results in more rides. A non-monetary benefit could be priority to join rides with limited capacity.

The following proposal is for discussion purposes: Any member who has led a ride in the previous three years would have priority, with a companion, on a limited participation ride until six weeks before the start of that ride. Any person that was displaced would have all payments refunded.

Dan Baris

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Hello Mary and the rest of my extended cycle family. This is card VII to my extended cycle family. I thought I was finished with my shift for today when all of a sudden a new bus-load of people came from the High-lands. They had heard about the free medical service. They came and left their chickens, vegetables and babies on the bus. After treatment and market they left again for the mountains. They will be back for a check-up next week. Today is my day off and I went to Jakail ruins with the medical crew of 14. The ruins date back to 750 BC.

Katryn

Editor's note: This was a card to Mary Eickhoff from Katryn Jeronimus who is on a 3 month volunteer medical stint in Guatemala.

WELCOME TO NEW MEMBERS

British Columbia

Suzanne Gagnon, Ladysmith	604-245-2943
John & Rosamond Hughes, North Van.	604-985-3019
Lorraine Singh	604-492-8127

Alberta

Harold Keushing, Calgary	403-274-5470
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Ontario

Geoffrey Berry, Ottawa	613-731-4832
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U.S.A.

Roger Braziel, Mesa, AZ	602-373-2045
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Total membership - 403

TUESDAY/THURSDAY RIDE SPRING PICNIC - Al Hollinger 946-1347.

To be held Tuesday, May 7 at Lighthouse Park, Point Roberts (or, if raining, at Felice Bennekou's house). Everyone is invited. Meet at Ladner Community Ctr. as usual, ride to the refuge, then to the ferry, arriving at the park (or Felice's) approx. 12 - 12:30. Join us and enjoy some of Faye & Bart's culinary surprises. Later on continue the ride

around the point if time permits. For more info, call Al.

BEST WISHES - Eva Folk

Joan Stevens of Courtenay is home again recovering from surgery, after two weeks in Victoria Hospital.

Joan and Bob Stevens have hosted a number of our tours overnight while in the Courtenay region. We all wish you a good recovery, Joan.

B C SENIORS' GAMES - Chuck Dick, Vice-chair, zone 4 Seniors' Games Committee.

Preparations by Zone 3 and 4, from which most of our members who participate in the BC Seniors Games in cycling are recruited, are pressing ahead. The Games this year are being held in Kamloops BC, on September 4,5,6,& 7 1996. Kamloops has been the site of many athletic events and was host to the recent Canada Games. The facilities in this city, in the dry belt, are excellent and this year close to 3000 athletes in all sports are expected to participate. The weather is expected to be warm. Already many of the cycling hopefuls are practicing and many new "rookies" are appearing plus those old pros who are surfacing after years away from competition. It is a fun time for all with some actually treating it as a serious competition.

There are at least twice as many men for the cycling categories, which is ideal. However, *we are seeking many more of the ladies* who like to ride, sometimes even a little faster than ordinary. Fancy equipment is *not* a priority contrary to what rumours indicate. Also our zone(s) need men in the 75 - 79 and 80+ categories because we have not had sufficient numbers to walk away with more medals. Zone 4 (lower mainland, Sunshine Coast, Howe Sound) did top the medal leaders last year and would like to do the same again.

If you're looking at including competition in your life along with involvement with our excellent CCCTS touring programs contact either Chuck Dick, 261-5092 or the Zone 4 cycling coordinator, Eldo Neufeld 738-4378, for information. It will cost you \$4 to join the BC Seniors Games Society - good value. I'll keep you updated through the months ahead.

ADVOCACY - Marion Orser

Success in cycling advocacy can be a long hard struggle, but the results for yourself, and fellow cyclists, is well worth the effort. One of the issues I, with many others in the Greater Vancouver area, had been working on, was the Pitt River bridge. The

changes proposed increased motorist efficiency and decreased cyclist efficiency. This is the bridge used by cyclists to get out of the Vancouver area into the Fraser Valley, hence an important cyclist route. Well, how do you change government and bureaucracy?

Cycling BC has a small brochure called 'Bicycle Advocacy' that has been very helpful for me. I will put a little in this newsletter but suggest you call and ask for your own copy for more details.

First the basic rights of cyclists. A bicycle is a vehicle and cyclists are legitimate users of the road. Exclusion of cyclists from the roads or highway structures can only be justified when equivalent alternate routes exist. Cyclists must be involved in decisions affecting cyclists.

Remember cycling has broad general support. It is the least environmentally damaging, healthiest, lowest cost form of transportation. Present your cause in a positive manner.

Don't accept a negative response. The first response to any proposal that requires a change in plans, programs, policy or attitudes is usually negative. Be persistent.

Education is the best approach. Be prepared to explain the requirements of cycling and cyclists. One of the difficulties I have noted we have in this area is, 'what is appropriate for cyclists'? There are standards for cyclists. Each municipality or province or state usually has legislation regarding the needs of cyclists. I have realized that within our own cycling community we have different levels of comfort on the road. Sometimes we refer to this as recreational cycling and commuter cycling. The roads or structures ideally should take into account the needs of both. Become aware of local advocacy groups and their recommendations.

Now a bit about letter writing. Don't be afraid to contact your elected officials. It is a good idea to send a carbon copy to the opposition as well. State the kind of cyclist you are (commuter, recreational, etc) and the cycling organization(s) in which you have membership. In this regard do not say you are writing on behalf of the organization unless this has been approved by the board of directors. Yes, forward a copy to those clubs as well. This adds credibility to your letter and keeps the directors, and perhaps club members, aware of the issues. Hopefully others will then write as well.

Keep your letter dedicated to one issue and on 1 page or 2 maximum. Keep a positive tone. Follow up on your letter and respond to any reply. Express

your appreciation for accomplishments or offer your support.

Yes, we had success with the Pitt River bridge. The shoulder is being widened. This will be slightly narrower than the accepted standards, however, adequate for commuter cyclists. The original plan for recreational cyclists will be maintained.

CONSTITUTION - John Peck

Our constitution has served us well for some years, but we are troubled with a few little inconsistencies, and the fact that our aims are not well defined. Accordingly, a committee has been looking into it, and their recommendations have been approved by the Board. However, any changes in constitution must be approved by the members at a general meeting. Before that meeting the proposed changes will be available to all members, but we might touch on one or two here.

We are governed by a "Constitution" and "By-laws". In the Constitution, paragraph 1 spells out our name, and paragraph 2 says: "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 on going entity." Our committee recommends that the wording of these sections become:

a) As a non-profit organization to encourage and assist senior citizens to socialize and to remain healthy and active.

b) To encourage and support bicycling for transportation, touring, recreation and sport. Perhaps that is enough detail for now. Note that our rewording of b) now specifies more closely what we really do.

In my opinion, the most important change, is not being recommended at this time, viz., to change our name to "Bicycle Touring for Seniors". But some day...

Next month we will try to explain some other changes.

HAWAII '96 - John Peck

February is the time of the year to travel south. What better for us is the sight of tall palms, red hibiscus, multi-coloured bougainvillia, fragrant frangipanni (plumaria), scarlet erythrina (coral tree), masses of deep crimson poinsettia, startling bird of paradise, exotic protea, flamboyant spathodia, and all this in addition to oranges (for the picking), bananas, pineapples and papaya. Then there are the eucalypts,

grevillea and avenues of casuarina to gladden the heart of those from the southern hemisphere. It is a sight to revel in February.

But there is more: a tour in which there is no cooking and no tenting, a happy hour every evening, and every other day a rest day, for hiking, swimming or snorkling. Included also, is a 1200m (4000ft) climb, just to make things interesting, and a chance to view the Southern Cross. Add to this the excitement of an eruption at Kilauea, just four days before we got to it.

Sixteen of us enjoyed all this in February, and wondered why it is not more popular. There were five from Alberta, one from Ottawa, and two from Washington State, with the remainder from the Lower Mainland and the Island.

Bill Hook was our able leader. There were a couple of road scrapings, one because of talking too much, and the other because of an 80 kph cross wind, but otherwise no serious damage. Bill, we hope you will do it again.

NEW ZEALAND'S SOUTH ISLAND - Dennis Parsons 604-995-1291

When I envisioned the New Zealand South Island tour I dreamed of a large contingent of 'CCCT'ers' descending on Christchurch and sorting themselves into groups, pairs or singles and heading out to explore and discover this island. Few people who haven't been there will understand what a free and easy country it is, so I can see how some might balk at doing one's own thing.

We went down under, and operated as a group which varied in size from 11 to 2. Nine of us stuck together in Australia. We picked up 2 more on arrival in NZ and lost 3 a few days later.

With Leila heading up a cooking team and Monty providing his famous breakfasts we can't be blamed for not wanting to split. However, we did manage a few diversions; two of us stayed a day longer in Nelson while the rest went north to Mateoka, they came south to meet us at a remote hotel; Bill and Audrey took a bus so that Audrey could see more of the Island in the short time available to her, four of the group visited Shanmer Springs while we stayed in Christchurch.

The tour wasn't quite what I would have preferred but did in fact follow the pattern I had hoped for - we did hang loose.

Through the past several Newsbriefs I have promised a trip to NZ following Rae's Perth

Max & Frances Bissegger, Audrey Hayes, Art & Joan Thompson, Sylvia Mather, Jim & Shirley Mae Jeffrey, Glen Smith, John Drinnan, Bill Hook, Barbara Faulkner, Leila Montgomery, Josie Zewiec, Vikki Bernhardt, Martine Donahue, Jean Horrocks, Judy Jackson, Wendell & Theresa Green, Bill Hannan, Rolf & Sally Peterson.

Cross Canada - Jun 1 from Vancouver - Sept 15
Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25. The actual tour will officially start at the Beach Grove motel in Tsawwassen

\$100 non-refundable deposit was required by Nov 1, 1995 with balance due by Apr 1, 1996. Please forward all deposits directly to the office rather than to Felice.

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. There is still room for a couple of participants who would like to go coast to coast.

Felice has reviewed anticipated costs and the budget is now based on a cost of \$27.50 per day per participant. The estimated cost coast to coast is \$3000. This cost included an allowance for possible contingencies. Any amounts left over will be refunded to participants, based on their participation, at the end of the tour.

Participants: (28) Felice Bennekou, Betty Darvell-Jones, Al Westnedge, William Armstrong, Joan Enman, Wayne Waardenburg, Gilles Prud'homme, Marilyn Harkley, Christina Radnai, Bill Augusteijn, Jim Brett, David Brandon, Thom Tuma, Shirley & David Middleton, Sonja Joos Cathy Mcpherson, Carl & Joyce Dukeshire, Elsie Dean, James Wolff, André Milaire, Mary Jane Edwards, Bob Jordan, Ron Eadie, Bill Hannan, Carl Rorison, Bud Masse. Felice would like to express her special thanks to Robert McNish for his invaluable contribution in helping her establish a detailed computerized budget for the tour.

Editor's note: Felice is going to have a super support team, in addition to the normal support vehicle there will be 2 motorhomes going from coast to coast and a mini van from Vancouver to Calgary, available to provide support if the need arises.

Bella Coola 1996 - 21 days, July 2 - 22 (first group)

Coordinators: Al and Diana Lifton Phone 604-468-5696; fax 604-468-5691.

Maximum: 8 to a group (another group could follow using the same van and equipment).

Estimated cost: \$800.

Cycling distance: 1400 k.

Deposit: \$100 due April 1, balance \$700 due June 1 (deposit is not refundable if numbers drop below 8 after the tour is set to go)

This is a camping/support vehicle tour. For the following reasons, this tour is different than usual: 175 k of gravel road; the 10 k downhill (gravel with switchbacks, grades of up to 18%); the possibility of heavy rain and excessively long distances between campgrounds.

We plan to rent an 8 person van with the appropriate equipment to allow heavy-duty bicycle racks (capable of carrying all 8 bicycles), one to be mounted at the front, and the other at the back of the vehicle. All 8 persons, pay, bike, drive, shop for groceries, and share cooking duties.

Itinerary: Starting in Horseshoe Bay, cycle north (highway 99) through Squamish, Whistler, Duffey Lake, Lillooet, and on to 100 Mile House (highway 97) and Williams Lake; turn west (highway 20), and cycle through the Chilcotins and Tweedsmuir Park to Bella Coola. Having arrived at destination, board the ferry, Queen of Chilliwack, (11 pm) with stops enroute at Shearwater, Bella Bella, and Namu, arriving at Port Hardy (9 pm). Set up camp for the night; next morning, start the cycle tour down Vancouver Island (usual stops) to Departure Bay, Nanaimo (5 days).

The ferry ride and the extended cycle tour will make for a more interesting tour, but it will also increase the length of the tour by 4 days; and the cost by approximately \$200. Ferry costs: vehicle fare \$199 (\$25 per person); adult fare \$89.50.

A detailed schedule can be obtained from the Liftons
Participants: (8) Al & Diana Lifton, Elsie Dean, Judy Jackson, Peter Cordoni,
Wait-listed (2): Dennis Parsons, Bill Hannan.

San Juan Islands - Bob Douglas - 604-435-3893. 11 days, Mon July 22 - Thurs Aug 1.

Camping with a support vehicle. Relatively short rides but some hills. Swimming, sight seeing and hiking opportunities.

Estimated cost \$265, maximum 32. Reservations must be made by the first week in January so please send \$15 deposit with registration.

Participants: (32) Doc Watson, Horst Hees, Bob Douglas, Ray Merness, Elizabeth Pecknold, Alex and Anna Markus, Lloyd Smith, David and Virginia Brown, Carl Rorison, John Peck, Catherine Lynch, Barton Howes, Faye Wilson, Pete & Shirley Cordoni, Joyce Bowen, Russ Kelley, Rose Tanchak, Mary Yaremovich, Betty McCulloch, Thom Joyce, Josie Zewiec, Eleanor Bannister, Ben Kihlman, C. Saliaris, Leila Montgomery, Brian Lamb, Dennis Parsons, Olive Balabanov, Victor DePaul, Monty Peters. Wait listed: (4) Neil Dobson, Fritz Niebisch, Bruno & Cathy Freigang.

Whistle the Rapids - Barton Howes

604-378-0927 Aug 11 to 30

A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel, Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt, Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$20 upon registering, balance of \$30 by Jan 31. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: (10) Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks, Margaret Fyfe, Roy Barrows, David Brown, Audrey Hayes, Joyce Bowen, John Hiza.

Editor's note: Because of the low numbers that have signed up for this tour it may be necessary to either increase the fee or cancel the tour. A final decision will be made after the Spring Meeting and Social.

Fernie - Waterton - Aug 28 -Sep 10.

Ted Stubbs 604-321-2784.

A 600k camping tour, with support vehicle, starting in Fernie BC. Cost \$300, no maximum stipulated.

The tour will include Waterton Park in Canada and Glacier National Park in the US.

Itinerary: August 28 meet at the Fernie Hostel, Aug 29 Crowsnest Prov Park 52 k, Aug 30 Beauvais Lake 70 k, Aug 31 Waterton 69 k, Sept 1 & 2 rest days to explore and hike in Waterton, Sept 3 Rose Creek 81 k, Sept 4 Sprague Creek 59 k, Sept 5 rest day, Sept 6 Whitefish 60 k, Sept 7 Dickey Lake 59 k, Sept 8 South Country, hwy 3, 82 k, Sept 9 Fernie 32 k. Total distance to cycle is 600 k. Distance from Vancouver to Fernie 850 k.

Participants: (21) Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Horst Hees, Ray Merness, Ron & Janice Pickerill, Margaret Hunter, John Hickman, Marion Orser, Bill Hook, Barbara Faulkner, Vikki Bernhardt, Brenda Borron, Bob Forsberg, Theresa & Wendell & Green, Bruno & Cathie Freigang.

Editor's note: Ted is still looking for a driver.

Western Australia - Sep 15 arrive Perth. Sept 18 leave Perth returning Oct.21; 34 days, 1900 k.

Rae Wohlschlegel 604-592-6680. A van supported tour to take only what can be carried in 4 panniers. Please contact Dan Peach ANZA 1-800-668-6612 re your airline plans.

The \$200 requested Sep/95 is for airlines only and easily returned if not used.

The \$200 requested Jan/96 is mainly for accommodation deposits and required from all participants. Please make all cheques payable to CCCTS and mail them to the office.

Accommodation is either camping, trailers, hostels, or motels/hotels. This tour can be done without tenting and also can be done with almost all tenting. My costs over 10 days for accommodation and food was under \$26/day. Based on this I figure costs on top of airlines and extra tours, etc., will be from \$1000 to \$2000 depending on choices of accommodation and food costs.

Revised itinerary: Midland 26k, Toodyay 70K, York 67k, Quairading 75k, Kondinin 115k, Wave Rock 70k, RD, Kulin 85k, Wickepin 70k, Wagin 90k, Katanning 56k, Cranbrook 85k, Porongurup 65k, RD, Albany 55k, RD, Denmark 70k, Peaceful Bay 60k, Walpole 40k, Shannon 66k, Pemberton 60k, Nannup 80k, RD, Augusta 90k + 16k to Cape Leeuwin and back, Hamelin Bay 20k, Margaret River 45k + 45k to Berry Farm, Dunsborough 55k + 32 k to Cape Naturaliste and return, RD, Bunbury 75k, Preston Beach 60k, Mandurah 58k, Freemantle 60k, RD, (trip to Rottnest Is), Perth 20k.

Participants: (21) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel, Dennis Parsons, Kathleen & Ray Wilkinson, André Milaire, Irving Weiss, Bob Miller, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Sylvia Bailey, Jean Horrocks, Bryson Brazil

New Zealand South Island - 6 weeks

Dennis Parsons - 604-474-0937

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

Editor's note: Refer to Dennis' article on his 1995 New Zealand tour. for more info on this tour.

VANCOUVER WEEKLY RIDES

Sundays: Meet at 10 am at the south-east corner of Oakridge Shopping Centre (45th & Cambie).

Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Tuesdays/Thursdays: Meet at the Community Centre in Ladner at 10 am . The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY RIDES

Victoria:

- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.
- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

Nanoose/Parksville

- **Thursday:** Meet at 11 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

OPTIONAL RIDES

Stay at Home Tour: Shirley Fisher

Six days April 14 - 19; come one come all.

Time: 10 am except Wednesday; food - brown bag it

Transportation: carpool or bicycle

Accommodation: your own sweet bed

Sunday, April 14th: Explore Vancouver with Janice and Ron Pickerill 261-2403, meet at Oakridge Mall parking lot (45th & Cambie).

Monday, April 15th: Lake Samish with Bob Douglas 435-3893. Meet at Ferndale Senior Citizen's Centre

Tuesday, April 16th: Westminster Abbey with Anne Marie Labourdette 464-1169. Meet at Fort Langley Museum parking lot.

Wednesday, April 17th Saanich Peninsula with Cathy and Ray Wilkinson 464-1169. Meet at Tsawwassen Community Centre on 56th street. Allow plenty of time to ride to the ferry dock to catch the 10 am ferry. (at least 45 minutes).

Thursday, April 18th: Harrison Hot Springs with Roy Towler 594-7121. Meet at Chilliwack Airport parking lot.

Friday, April 19th: Alouette Lake with Shirley Fisher 255-0087. Meet at Fort Langley Museum parking lot.

Weather: If the outlook for most of the week is lousy, the tour will be re-scheduled one week to April 21st so be sure to confirm the ride is on prior to departure.

NON CCCTS-SPONSORED RIDES.

The purpose of this section is to provide a service to enable members to extend an invitation to other members to join them in a non club-sponsored tour. All arrangements are made directly between the organizer and the participants: not through CCCTS.

Training Session for the Cross Canada '96 tour - Felice Bennekou 604-943-6929.

Cypress Bowl 10 am Saturday mornings starting April 20. Meet at the small parking lot at the bottom of Cypress Bowl hill (shortly after turning off the

upper levels highway). This is a 12 k ride from the bottom to the top with a continual grade ranging from 5 to 12 degrees. This will be a fun ride as there is no requirement to ride all the way to the top as you could choose to stop at the first lookout (3 k), which provides a panoramic view of Vancouver.

Be sure to bring warm clothing for the descent as it can get a trifle chilly free-wheeling down the hill. Bring water and a bite to eat and join in on the fun. You don't have to be a participant in the Cross Canada '96 tour to join in on the fun.

Editor's note: I was up on the hill on March 7. The roads were clear, the view fantastic and the air was fresh and free from pollution.

Al and Felice's Saltspring Island mid-week Hostel Getaway - Wed/Thu, May 1 & 2

Meet at Tsawwassen ferry ticket wicket by 9:30 am. Arrive Long Harbour, Saltspring Island, approx. 12:30 pm. Spend the afternoon riding the island, then try your hand at other pursuits or just relax in the sun; then crash at the Salt Spring Island Hostel, 640 Cusheon Lake Road.

The brochure describes cedar lodge hostel accommodation with bedding included (one room with 4 beds, one with 6, one with 8), plus three 18' teepees. Cooking utensils and facilities are provided. Rentals are available for kayaking, volleyball, etc.

All kinds of suggestions have been made, e.g., ordering in pizza, snacking in Ganges, and/or cooking at the hostel, and others?

Thursday it's on to Chemainus via Vesuvius-Crofton ferry for lunch, browsing shops, viewing murals, then on to Nanaimo to return on either the 3:30 or 6 pm ferry to Tsawwassen.

Call Al, 946-1347 to register ASAP so arrangements can be completed. He advises that he has limited parking space available at his home for anyone driving to the ferry and looks forward to participation from you folks on the island.

Pre Cross Canada '96 Tour Ride. Felice Bennekou 604-943-6929.

Felice and 3 others intend to start her Cross Canada tour with a 5 day motel ride from Ucluelet on May 25. She has extended an invitation for other members to join them. They plan to ship their bikes to Ucluelet by van.

16 Day Tour of France - Ray Merness

Ray intends to start a tour for 6 cyclists at Vandome, 140k southwest of Paris, and cycle through the wine country to the Spanish border. Ray has not yet advised us of dates but it will either be in June or in the Fall. If interested contact him at RR1 PO Box # Jolly 14, Halfmoon Bay BC V5Z 3K3 or phone 604-885-4506. Do not contact the office.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 13 No. 4

April 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office	Marion Orser	520-7636
The Island	Horst Hees	389-1152
	Jim Brett	383-4303
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

still able to handle more trips so don't be shy - let us know if you are planning an exciting tour. It's great to hear of trips to all parts of BC, Alberta and other areas of Canada, Montana and other areas of the USA, Australia and New Zealand. It's also great to learn of other proposed tours such as the one Rolf Petersen has in mind for Denmark, Norway and perhaps Sweden. Read ALL your Newsbrief, it's full of information!

We are delighted to have new leaders come on board: Rolf, Rae Wohlschlegel, Felice Bennekou, Jim and Shirley Mae Jeffrey and Bill Hook are all giving the old timers a break. Remember to be nice to them - we want them back.

I must also mention two more items. John Peck is moving his tour of the Kootenays forward 1 day to May 15, starting to ride on the 16th. Jim is doing the same with his tour starting to ride on the 19th. Shirley Fisher's "Stay at Home" tour scheduled for April is being simulated but not copied by the Victoria gang who will have one day rides to different areas of either Vancouver Island or one of the Gulf Islands every Thursday during the summer.

1996 CCCTS SOCIAL AGENDA

MAY:

Tuesday/Thursday Ride Spring Picnic

Tuesday, May 7, Point Roberts. Refer item in Newsbrief.

Vancouver Island Picnic

Wednesday, May 8, 1996, 11 am
Centennial Park, Saanich.

PRESIDENT'S CORNER

Our Spring Meeting and Social held at the recreation centre in Tsawwassen was enthusiastically attended by about 80 eager cyclists. Marg Fyfe kept the wolf from the door with a supply of goodies free to all. Thanks Marg! Once again trips were the main focus with gossip coming in a distant second best. We are

Don't forget the Salt Spring Island ride to be held on May 1st and 2nd. Al Hollinger and Felice have reserved the Lake Cusheon hostel - so let's fill it up. Also, don't forget the Tuesday/Thursday ride picnic to be held at Point Roberts.

EDITOR'S NOTEBOOK

Horst Hees was unable to attend our April directors' meeting due to having to lose at least some of his 'Bionic Man' status. Horst had to have the metal rod removed from his leg. Horst, we hope you are up and cycling again and will be with us next month.

John Peck provided the following statistics in case you were wondering:

- average age for males is 66 years, 7 months
- average age for females is 62 years, 9 months

- an approved red reflector
- a lighted lamp mounted and visible to the rear displaying a red light (flashing is OK)
- a lighted lamp mounted on the front capable of displaying a white light visible at least 150 m under normal atmospheric conditions
- persons operating a bicycle must signify:
 - a left turn by extending their left hand and arm horizontally.
 - a right turn by either extending their left arm and hand horizontally out and upwards so that the upper and lower part of the arm are at right angles
 - or extending the right arm horizontally.
 - a stop or decrease in speed by extending their left hand and arm out and down
- Effective Sept 3, 1996 it will become mandatory to wear an approved bicycle safe

A POEM FROM EVA, OUR WONDERFUL CYCLING POETESS

"The time has come" the cyclist said,
 "To speak of many things;
 Of roads and cars and cycling rules,
 And bicycles with wings.
 Are we to think that you might stop,
 Just when you flap an arm?
 Perhaps you mean to make a turn;
 Or just a false alarm.
 How nice to hear the latest news
 When riding side by side,
 With ne'er a care for angry cars
 That line the road behind.
 You crosswalk people must watch out,
 Or you'll be seeing stars;
 Now never mind the stop ahead,
 That's only meant for cars.
 A longer ride, but getting dark,
 And you forgot a light;
 Your guardian angel always will
 Make everything alright.
 There are some perils on the road,
 And if you trust to luck,
 At last rites we'll remember you,
 Your courage and your pluck."

Editor's note: A great ditty Eva. They keep getting better and better.

FOR SALE - Josephine Hees

Two cast aluminum bike tights (bike carriers - floor or wall mount) \$20.00 each Call Jo in Victoria at 604-727-7495

Editor's note: Perhaps someone could expand on what cast aluminum bike tights are!

CUSTOM HELMET COVERS - Faye Wilson

How many people look good in their bike helmets? One day while riding past an equestrian event, I reflected on the covered helmets worn by the riders. Why couldn't bike helmets look that good? On a recent visit to Vancouver, Leila Montgomery and I put pen to paper and scissors to cloth and came up with a presentable "copy". With the recent 'skin cancer' scare we added a fashionabale neck cover (a' la Al Hollinger). I will present these covers at the May 7 picnic in Pt Roberts. Cost is \$20 (\$18 without the neck cover). Also a model will be available to accomodate the velcroed plastic visor on many helmets.

CROSS CANADA TOUR

Felice Bennekou - 604-943-6929

Driver wanted: Geoffrey Berry has volunteered to drive the support vehicle from Vancouver to Winnipeg. Felice is still looking for someone to drive from Winnipeg to St John's. Please contact Felice if either you are interested or if you know someone else who might be interested.

EUROPE '95 SLIDES - Marion Orser 520-7636

Marion will show slides of her Europe '95 tour at Bayview School, 6th and Collingwood, Vancouver on April 25th at 7:30 pm.

This is the regular Club meeting of the Vancouver Bicycle club.

GREECE AND ITALY - Eila Taylor

Four of us flew to Thessaloniki in early June; with a return ticket to Paris and a one-way Paris to Thessaloniki ticket. It was to be a four-month cycling adventure ending in Paris in September. But the fun started before riding began. On the way over our bicycles, which had been checked through by Air Canada as far as the French capital, had to be claimed there, escorted through Customs and conveyed across the city to another airport for the flight to Greece; and in the total confusion of CDG airport our chances of finding enough room for four bicycles on public transport to Orly became ever more remote as we watched one crowded bus after another pass us by. In the end two taxis, engaged at great expense, flew us across Paris on rain-slicked streets, bikes piled on top with plastic flying, to connect with Olympic Airways to Athens.

Unwrapping the bikes later that day outside the main railway station in downtown Thessaloniki, we found that all four had survived without major

damage. We had ridden the bus in from the airport and the air was warm and fragrant with the scent of a southern summer. In the days that followed I realised why, in European restaurants, a fruit salad is called "Macedoine de Fruits" --- I had never tasted such delicious peaches, apricots and plums. Seat of Byzantine splendour and cradle of Alexander, the Greek province of Macedonia wears its ancient history proudly and its capital, Thessaloniki, has an excellent archeological museum and great Byzantine churches lined up along the main street with the modern city built around them; we explored, putting to good use jetlag recovery time.

Day three dawned and we set out on carefully loaded bikes, clearing the city through rush hour traffic to find a pleasant side road heading south. This soon deteriorated to rough gravel and I found myself more and more riding the wide shoulder of the main highway. With a good road surface but little shade, our first day of cycling, like others to follow, ended with tired bodies sinking gratefully into the soothing waters of the Aegean. We counted off eight cycling days to Athens; the main north-south highway veers inland, first at Rapsani where the beautiful Pinios River canyon road skirts deep gorges before crossing a dry open plain to Larisa and again, a few days later, to approach Thebes.

We entered the ancient hilltop city of Thebes in the middle of rush hour on a sweltering afternoon and found, as in most of the old world, charming narrow streets choked with modern traffic. Oedipus would have been dismayed at this, but perhaps encouraged by the money machine, dispensing Drachmas right on the street at the touch of a button. Next morning an early start and I jumped into my clothes to join Harry on the street outside the hotel for a 6 am descent to the E75 in a cool tailwind. Among the memories of this day, our last before Athens and typical of a cyclist's day in Central Greece, I recall the huge red ball of the sun rising on my left; the distant road ahead rising over yet another mountain; the taste of strong, sweet Turkish coffee; resting in the shade of a lonely pine as the sun grows hotter. By noon we are over the first mountain and going up the second; the grades on the freeway are gentle and easily rideable but very long and exposed.

After a rest day in Athens we were on our way to Corinth and the Peloponnes, camping along the shoreline with its magnificent views and enjoying some relatively flat terrain. It takes two days of vigorous riding to escape the smog which reaches out from Athens. At Egli I push my bike up the main street past mountains of rubble and people camping out in the devastating aftermath of a recent earthquake. A few days later we sailed from Patras

to Corfu and Brindisi, to tackle the old Roman road to Rome.

Brindisi is a small town on the heel of Italy and it didn't take long after disembarking to discover that campsites marked on our map do not in fact exist - mere mirages, unfindable. We end up in town at the Pensione Europa and, as if to compensate for not being able to camp, our piazza has a fountain that can be heard on the third floor.

One of the reasons I love to cycle is the loneliness of the long distances; and the serenity of the Via Appia as it climbs through high Apennine villages, looking down on the concrete stilts of the autostrada below, was for me the stuff of dreams. So it was disappointing having to descend to the freeway at Grasano on our third day in Italy due to lack of accommodation and campsites in the mountains. Gentler grades on nice wide shoulders but hazardous in the long, badly lit tunnels which cut through the mountains and out of bounds to cyclists altogether on certain sections. Still, I continue on until swept off by the highway police west of Potenza and, at a little wayside station in Sicignano, watch as Marion and Andrea ride off towards Salerno and the Amalfi coast while I wait for a train.

The tour comes together in Rome a week later and soon we are on the road again. Rome revisited has not disappointed: Berinini's colonnade at St Peter's; the traffic policeman at Piazza Venezia; fruit cake from the bakery in the Jewish Ghetto; pickpockets on the #64 bus; the cafes of Trastevere; and on the last day in Rome I send mail from the Vatican to a stamp collector (me). This evening, at dinner in Piazza Mazzini, we celebrate our last assembly as a foursome, tomorrow Andrea departs for Vancouver and the rest of us will ride by various routes to Florence, the next, and for me the last, rendezvous.

Greece - Thessaloniki to Patras - 12 cycling days - total 703 k. Total spent over 20 days Cdn \$828 (\$41.40/day).

Italy - Brindisi to Florence - 12 cycling days - total 605 k. Total spent over 24 days Cdn \$2145 (\$89.40 day). Note: Much of this expense was for single hotel rooms.

COSTA RICA - Dennis Parsons

Can you believe the time and effort some of our members put into previewing a trip in another country? Remember John Peck who visited South Africa and then New Zealand before others went down, and Rae Wohlschlegel with her recent trip to Perth for our sakes! Well! We Victorians think that an unbiased view is important so ten of us joined forces with Monty Maundrel's camera group to find

what Costa Rica is all about. Without bicycles though.

We left in February for ten days, flea-hopping Victoria, Vancouver, Seattle, San Francisco, Los Angeles, San Salvador to San Jose with not even a cookie or sweetie provided on the first two legs. Yet, how many people can claim they've been to El Salvador? And Costa Rica? The climate in the mountains is pleasant year round with sometimes a sweater needed at night and a flashlight. Even in San Jose the sidewalks are pitted, cracked, heaved and debris-ridden - a test for even the most agile!

We enjoyed the marimba players as we ate dinner at Esmeldas on Avenida Segunda. The raw marinated fish pieces appeal to some. Black beans and rice for breakfast or black bean soup with a hard boiled egg somewhere in there, were the other notable dishes. Otherwise bacon and eggs, steaks or ribs were available at high prices. Lots of fruit. The people are clean clothed and well fed and no scrawny animals were evident.

We left San Jose in two mini vans to travel first through Alejuela, a university town, but unlike any I've seen - narrow streets, few gardens and those sidewalks again. Wild flowers grow out of crevices or on trees and dust is everywhere. And from now on we were to experience, with a few exceptions, miles and miles of potholes. If linked together they would reach from here to the moon, but we didn't find them in a straight line. Often we would have a vehicle roaring straight towards us, only to dodge back into its lane, having skirted some whopper. These vehicles belch black smoke too, which lingers in the still warm air. Quetzales, Toucans and monkeys I did not see. We did see lots of black vultures, white egrets and grackles. Monty claims to have seen a croc. I'll believe the photo! The volcano was not seen because cloud covered it that night. Up many steep hills and down some more to the coast. Now very hot. Overhead fans in the rooms and marble floors. Our hotels were right on the beach and the Pacific is so much, much warmer than in Canada but we were glad to get back to cool San Jose for a few days before hop-skipping back to cooler Victoria.

Most of the group concluded that Costa Rica is not a beautiful cyclists' paradise but one of our numbers has booked a tour for this fall. The participants of this tour included Rolf & Sally Petersen, Albert & Noreen Redford, Barbara Hertzler, Jim Wolff, Rae Wohlschlegel and Ron Francis.

CCCTS TOURS

Our tours are designed to fit the needs of both

skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian Polley vice president, CCCTS.

1996 CCCTS TOURS

Kootenay 96 A or B.

Max 24 per tour. Camping tours with support vehicle. Both tours begin and end at Kelowna. \$10 to get on the list, balance of \$290 by Apr 15.

Tour A - May 15- 28 John Peck 604-538-0195

Max 24. Participants (14): John Peck, Horst Hees, Bruce Ross, Bob Douglas, John Drinnan, Jean Horrocks, Art Thompson, Joan Thompson, Theresia Keet, Max Bissegger, Frances Bissegger, Martine Donahue, Audrey Hayes.

Tour B - May 18 - 31 Jim Jeffrey 604-943-0924

Max 24. Participants (22): Jim Jeffrey, Shirley Mae Jeffrey, Pat Stubbs, Ted Stubbs, Donna Nicholas, Jean Richards-Carter, Sylvia Mather, Glen Smith, William Hook, Barbara Faulkner, Roy Goodchild, Yvonne Miller, Margaret Fyfe, Art Borron, Vernon Patterson, David Brown, Virginia Brown, Wendy Pearson, Katie Bateson, Leila Montgomery Wendell Green, Bob Miller.

Undecided participants: (Please call the office) (6): Ingo Vanderveer, Catherine Mick, Josie Zewiec, Victoria Bernhardt, Judy Jackson, Bill Hannan.

Gabriola Island - Dennis Parsons - end of May or beginning of June. Cost \$50 to be collected at a date set in May. Please contact the office if you are interested.

This will be a 3 day, 2 night, tenting tour. Day 1 will involve cycling from Victoria to Gabriola with dinner being provided. Day 2 is for exploring Gabriola. Breakfast, lunch (sandwiches) and dinner will be provided. Day 3 cycle home and get your own breakfast etc on the way.

Editor's note: If this is the same as the tour I was on a support vehicle will meet Mainland participants at the Departure Bay ferry terminal. Please confirm Dennis.

Cross Canada - Jun 1 from Vancouver - Sept 15 Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25. The actual tour will officially start at the Beach Grove motel in Tsawwassen.

\$100 non-refundable deposit was required by Nov 1, 1995 with balance due by Apr 1, 1996. Please forward all deposits directly to the office rather than to Felice.

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. There is still room for a couple of participants who would like to go coast to coast.

Felice has reviewed anticipated costs and the budget is now based on a cost of \$27.50 per day per participant. The estimated cost, coast to coast, is \$3000. This cost included an allowance for possible contingencies. Any amounts left over will be refunded to participants, based on their participation, at the end of the tour.

Participants: (30) Felice Bennekou, Betty Darvell-Jones, Al Westnedge, William Armstrong, Joan Enman, Wayne Waardenburg, Gilles Prud'homme, Marilyn Harkley, Christina Radnai, Bill Augusteijn, Jim Brett, David Brandon, Thom Tuma, Shirley & David Middleton, Sonja Joos, Cathy Mcpherson, Carl & Joyce Dukeshire, Elsie Dean, James Wolff, André Milaire, Mary Jane Edwards, Bob Jordan, Ron Eadie, Bill Hannan, Carl Rorison, Bud Masse, Zel Harvie, John Harvie.

Bella Coola 1996 - 21 days, July 2 - 22 (first group)

Coordinators: Al and Diana Lifton Phone 604-468-5696; fax 604-468-5691.

Maximum: 8 to a group (another group could follow using the same van and equipment).

Estimated cost: \$800.

Cycling distance: 1360 k.

Deposit: \$100 due April 1, balance \$700 due June 1 (deposit is not refundable if numbers drop below 8 after the tour is set to go).

This is a camping/support vehicle tour. For the following reasons, this tour is different than usual: 175 k of gravel road; the 10 k downhill (gravel with switchbacks, grades of up to 18%); the possibility of heavy rain and excessively long distances between campgrounds.

We plan to rent an 8 person van with the appropriate equipment to allow heavy-duty bicycle racks

(capable of carrying all 8 bicycles), one to be mounted at the front, and the other at the back of the vehicle. All 8 persons, pay, bike, drive, shop for groceries, and share cooking duties.

Itinerary: July 2 Horseshoe Bay to Alice Lake Prov Park 55 k; July 3 to Nairn Falls Prov Park 65 k; July 4 to Forestry Camp on the east end of Duffey Lake 55k; July 5 to Cayoose Creek campground (1 k from Lillooet) 55 k; July 6 to Downing Prov Park (19 k north of Pavilion) 55 k; July 7 to Green Lake Prov Park 65 k; July 8 to 100 Mile House 45 k; July 9 rest day; July 10 to Chief William Campground (Williams Lake) 85 k; July 11 to Becher Pond Forestry campground 55 k; July 12 to Bull Canyon Prov Park (10 k west of Alexis Creek) 75 k; July 13 to Jack & Faye's Place on Puntzi Lake 50 k; July 14 to Chilanko Lodge & Resort 70 k; July 15 to Pine Point Resort (Nimpo Lake) 60 k; July 16 to Tweedsmuir Prov Park 110 k; July 17 to Bella Coola & board ferry 'Queen of Chilliwack' departing 11 pm 65 k; July 18 arrive Port Hardy 9 pm & set up camp; July 19 to Nimpkish Lake campground 75 k; July 20 to Fisherboy campground (Sayward) 95 k; July 21 to Saratoga Beach Campground 85 k; July 22 to Deep Bay Fishing Resort 65 k; July 23 to Departure Bay ferry dock (Nanaimo) 75 k.

Ferry costs: vehicle fare \$199 (\$25 per person); adult fare \$89.50.

A detailed schedule can be obtained from the Liftons.

Participants: (8) Al & Diana Lifton, Elsie Dean, Judy Jackson, Peter Cordoni, Bruce Ross, Frank Jacobsen, Leila Montgomery.

Wait-listed (3): Dennis Parsons, Bill Hannan, Ray Merness.

Editor's note: Presumably there is still opportunity for a second tour providing we get 5 more participants. However, this is subject to the availability of reservations.

San Juan Islands - Bob Douglas - 604-435-3893. 11 days, Mon July 22 - Thurs Aug 1.

Camping with a support vehicle. Relatively short rides but some hills. Swimming, sight seeing and hiking opportunities.

Estimated cost \$265, maximum 32. Reservations must be made by the first week in January so please send \$15 deposit with registration.

Participants (32): Doc Watson, Horst Hees, Bob Douglas, Ray Merness, Elizabeth Pecknold, Alex and Anna Markus, Lloyd Smith, David and Virginia Brown, John Peck, Catherine Lynch, Barton Howes, Faye Wilson, Pete & Shirley Cordoni, Joyce Bowen, Russ Kelley, Rose Tanchak, Mary Yaremovich, Betty McCulloch, Thom Joyce, Josie Zewiec, Eleanor Bannister, Ben Kihlman, Christine Saliaris, Leila Montgomery, Brian Lamb, Dennis

Parsons, Olive Balabanov, Victor DePaul, Monty Peters Emma Matte.

Wait listed (6): Neil Dobson, Fritz Niebisch, Bruno & Cathy Freigang, Roy Towler, John Hizza

Whistle the Rapids - Barton Howes

604-378-0927 Aug 11 to 30

A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel. Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt, Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$50 upon registering. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: (12) Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks, Margaret Fyfe, Roy Barrows, David Brown, Audrey Hayes, Joyce Bowen, John Hiza, Wendy Caruso, Faye Wilson.

Editor's note: As of the Spring meeting this tour has now been confirmed with no anticipated increase in costs.

Fernie - Waterton - Aug 28 -Sep 10.

Ted Stubbs 604-321-2784.

A 600k camping tour, with support vehicle, starting in Fernie BC. Cost \$300, no maximum stipulated.

The tour will include Waterton Park in Canada and Glacier National Park in the US.

A detailed itinerary is available from Ted Stubbs.

Participants: (25) Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Horst Hees, Ray Merness, Ron & Janice Pickerill, Margaret Hunter, John Hickman, Marion Orser, Bill Hook, Barbara Faulkner, Vikki Bernhardt, Brenda Borron, Bob Forsberg, Theresa & Wendell Green, Bruno & Cathie Freigang, Eleanor Bannister, Ann Miller, Zel Harvie, John Harvie.

Editor's note: Ted is still looking for a driver.

Western Australia - Sep 15 arrive Perth. Sept 18 leave Perth returning Oct.21; 34 days, 1900 k.

Rae Wohlschlegel 604-592-6680. A van supported tour to take only what can be carried in 4 panniers. Please contact Dan Peach ANZA 1-800-668-6612 re your airline plans.

The \$200 requested Sep/95 is for airlines only and easily returned if not used.

The \$200 requested Jan/96 is mainly for accommodation deposits and required from all participants. Please make all cheques payable to CCCTS and mail them to the office. Twenty-five dollars is non-refundable if you cancel out of the trip.

Accommodation is either camping, trailers, hostels,

or motels/hotels. This tour can be done without tenting and also can be done with almost all tenting. My costs over 10 days for accommodation and food was under \$26/day. Based on this I figure costs on top of airlines and extra tours, etc., will be from \$1000 to \$2000 depending on choices of accommodation and food costs. A detailed itinerary can be obtained from Ray.

Participants: (20) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Dennis Parsons, Kathleen & Ray Wilkinson, André Milaire, Irving Weiss, Bob Miller, Keith Bower, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Jean Horrocks, John & Dornacilla Peck.

New Zealand South Island - Mid November for 6 weeks

Dennis Parsons - 604-995-1291

Dennis is anticipating repeating the 1995 tour.

Interested participants: Roger Braziel, Wendell Green, Theresa Green.

Editor's note: Dennis was looking for someone to lead this tour. However, at the last director's meeting he seemed to be wavering on whether he might once again return to his magic island.

Arizona - Mid November for 2 weeks.

Bernice Gregory has indicated that she will repeat the south Arizona tour that has been so popular over the years. Please call the office if you are interested.

1997 CCCTS TOURS

Denmark/Norway & perhaps Sweden - Rolf Petersen 604-384-6804

Rolf anticipates the tour will happen around June and will be of 3 weeks duration unless the participants would like it to include Sweden in which case it would be extended to 4 weeks. It will be self contained staying at hostels. If interested please contact the office. A this tour is in the preliminary stages maximum numbers & costs are not known.

VANCOUVER WEEKLY RIDES

Sundays: Meet at 10 am at the south-east corner of Oakridge Shopping Centre (45th & Cambie).

Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Tuesdays/Thursdays: Meet at the Community Centre in Ladner at 10 am. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- *West Vancouver:* Meet at 9:30 am at the Senior

Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY RIDES

Victoria:

- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 995-1291 or Carl Dukeshire (Duke) 658-2696.
- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

Nanoose/Parksville

- **Thursday:** Meet at 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

OPTIONAL RIDES

Stay at Home Tour: Shirley Fisher

Six days April 14 - 19; come one come all.

Time: 10 am except Wednesday; food - brown bag it
Transportation: carpool or bicycle

Accommodation: your own sweet bed

Sunday, April 14th: Explore Vancouver with Janice and Ron Pickerill 261-2403, meet at Oakridge Mall parking lot (45th & Cambie).

Monday, April 15th: Lake Samish with Bob Douglas 435-3893. Meet at Ferndale Senior Citizen's Centre.

Tuesday, April 16th: Westminster Abbey with Anne Marie Labourdette 464-1169. Meet at Fort Langley Museum parking lot.

Wednesday, April 17th: Saanich Peninsula with Cathy and Ray Wilkinson 464-1169. Meet at Tsawwassen Community Centre on 56th street. Allow plenty of time to ride to the ferry dock to catch the 10 am ferry (at least 45 minutes).

Thursday, April 18th: Harrison Hotsprings with Roy Towler 594-7121. Meet at Chilliwack Airport parking lot.

Friday, April 19th: Alouette Lake with Shirley Fisher 255-0087. Meet at Fort Langley Museum parking lot.

Weather: If the outlook for most of the week is lousy, the tour will be re-scheduled one week to April 21st so be sure to confirm the ride is on, prior to departure.

NON CCCTS-SPONSORED RIDES.

The purpose of this section is to provide a service to enable members to extend an invitation to other members to join them in a non club-sponsored tour.

All arrangements are made directly between the organizer and the participants; not through CCCTS.

Training Session for the Cross Canada '96 tour - Felice Bennekou 604-943-6929.

Cypress Bowl 10 am Saturday starting April 20. Meet at the small parking lot at the bottom of Cypress Bowl hill. This is a 12 k fun ride from the bottom to the top (or stop at the first lookout - 3k). Bring water and a bite to eat plus warm clothing for the descent. You don't have to be a participant in the Cross Canada '96 tour to join in on the fun.

Al and Felice's Saltspring Island mid-week Hostel Getaway - Wed/Thu, May 1 & 2

Lower mainland participants meet at Tsawwassen ferry ticket wicket by 9:30 am. Arrive Long Harbour, Saltspring Island, approx. 12:30 pm. Spend the afternoon riding the island, try your hand at other pursuits or just relax in the sun; then crash at the Salt Spring Island Hostel, 640 Cusheon Lake Road.

The brochure describes cedar lodge hostel accommodation with bedding included (one room with 4 beds, one with 6, one with 8), plus three 18' teepees. Cooking utensils and facilities are provided. Rentals are available for kayaking, volleyball, etc.

All kinds of suggestions have been made, e.g., ordering in pizza, snacking in Ganges, and/or cooking at the hostel, and others?

Thursday it's on to Chemainus via Vesuvius-Crofton ferry for lunch, browsing shops, viewing murals, then on to Nanaimo to return on either the 3:30 or 6 pm ferry to Tsawwassen.

Call Al, 946-1347 to register ASAP so arrangements can be completed. He advises that he has parking space available for 12 cars at his home for anyone driving/riding to the ferry.

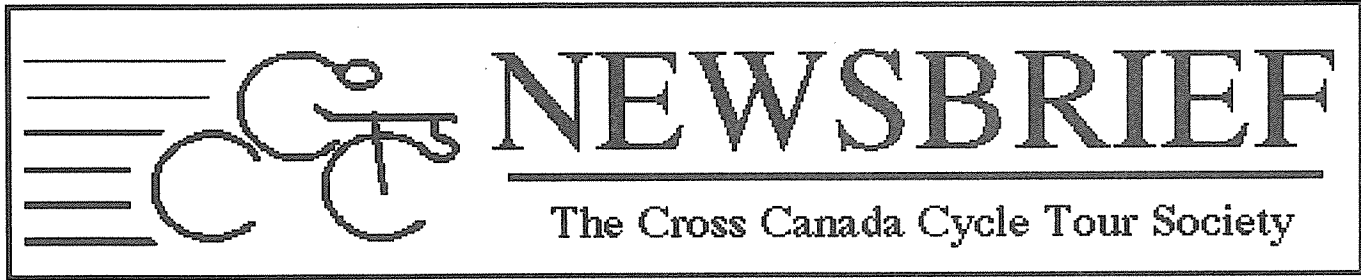
Editor's note: Dennis advises that he is leading a contingent from Victoria. Call Dennis (474-0937) to find out the time of departure.

Pre Cross Canada '96 Tour Ride. Felice Bennekou 604-943-6929.

Felice and 3 others intend to start her Cross Canada tour with a 5 day motel ride from Ucluelet on May 25. She has extended an invitation for other members to join them. They plan to ship their bikes to Ucluelet by van.

16 Day Tour of France - Ray Merness

Ray intends to start a tour for 6 cyclists at Vendome, 140k southwest of Paris, and cycle through the wine country to the Spanish border. Ray has not yet advised us of dates but it will either be in June or in the Fall. If interested contact him at RR1 PO Box # Jolly 14, Halfmoon Bay BC V5Z 3K3 or phone 604-885-4506. Do not contact the office.



Vol. 13 No. 5

May 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office Manager	Marion Orser	520-7636
The Island	Horst Hees	389-1152
	Jim Brett	383-4303
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

1996 CCCTS COMING & NEW EVENTS

MAY
Ladner Pioneer Maydays parade, May 26

JUNE:
Vancouver Island Stay-at-home Thursday rides

AUGUST:
Don't forget to set aside Thursday Aug 8th for the Club's annual picnic

PRESIDENT'S CORNER

Those Stay-at-home rides, started by Shirley Fisher, had excellent leaders and enjoyed great good luck from the weatherman, missing all the rain we endured in my part of Vancouver. They were a huge

success --- I hear a rumour --- they just might be repeated this September!

Starting in June the members from Victoria will be going on their own stay-at-home rides --- explained, I believe, in this Newsbrief.

The Kootenay trips, led by John and Jim, are scheduled to kick off soon, so get your bikes in shape, and your bodies, because, if we are to believe the leaders, there are some **hills**. Will we find **snow** at the top of the climbs? Right after these trips come back, Felice heads across the country with her hardy band of cyclists. Happy and safe cycling to all!

Editor's note: Ted and his fellow Kootenay riders will be well on their way by the time this is received by members!

EDITOR'S NOTEBOOK

On a recent Tuesday 8 of us dropped into a local Ladner pub for a pint after cycling. The subject of the Newsbrief arose and it became quite clear that many of the tour descriptions and other items are too long and not really of interest to the majority of our members. However, having said that, I feel it is essential that tour participants should be encouraged to submit their thoughts and memories of tours for publication.

In the past I have pretty well refrained from changing articles submitted by members and have no particular desire to get involved with extensive editing. When submitting an item please keep in mind the following guidelines. It should express your experiences that you think would be of interest to most of the members. It should express how much you enjoyed the tour and your appreciation of the effort and organizational skills displayed by the leader (if that is the case). It should serve as a guideline to help non-participants to determine if they would like to take part in a similar future tour.

Only Brian Badger required First Aid. Nine of us then took our smooth running machines out for a spin. Thanks Al.

Editor's note. Thanks Janice (Pickerill), for submitting this report. Al mentioned that this note of appreciation should be extended to include Bob Douglas who is always there to extend his extensive knowledge of bikes.

TUESDAY/THURSDAY RIDE SPRING PICNIC - Rowan Ley

It was a great day for a picnic (it wasn't raining) and 50 members turned up at Lighthouse Park, Point Roberts to participate in the event including 7 from Victoria led by Dennis Parsons. We managed to consume 9 dozen hotdogs, complete with bacon and trimmings, so ably prepared by master chef Barton Howes. In addition we went through melons galore and had to replenish the supplies for the hungry group. Special thanks go to Barton Howes, Faye Wilson and Al Hollinger for all the work they did in organizing this event.

VICTORIA PICNIC - Rowan Ley

I did not get a report on this event but Al Hollinger advised that he led a contingent of 21 from the mainland. They were met by Doc Watson and others at Swartz Bay who took them for a ride before going to the picnic grounds. Al advised that he thinks around 65 attended the event. The menu included chile and non alcoholic refreshments. While Al felt the organizers did a great job he wanted to know why the charge for the meal was \$5 when they did it for \$3 in Point Roberts (or did he miss the beer). From what I hear it was a fun day once again without rain.

AL'S SALTSRING ISLAND MID-WEEK HOSTEL GETAWAY - Terry Green

What a turnout for Al's getaway - 31 members in all, with most of us catching the 10:15 am ferry from Tsawwassen. The rest came from Vancouver Island with Dennis Parsons leading the way.

Lunch in Ganges, then on to Cusheon Lake Hostel - some heading there immediately while others chose to poke around town. With inside accommodations for only 18 it was certainly cozy at bedtime, with some on the floor, a few in tents and 3 in a teepee! Come morning and Grethe (Winkler) was up and had the coffee ready (we won't mention the time). By 9 am most of us were on the ferry to Crofton after nearly being led astray by Rae, who was *quite, quite* sure that once off the ferry we should head south to Chemainus. After taking a good bit of

teasing about it, many of us saying "and you're leading a tour in Australia", we went north to Chemainus. From there some of the mainland folk continued north to Nanaimo, to catch the ferry home while others turned south to catch the Swartz Bay ferry.

It was a really nice two days which could be improved next time Al, by making it three days, giving us a whole day on Saltspring.

MASSEY TUNNEL BICYCLE SHUTTLE - Marion Orser

Starting the weekend of May 4th - weekends only.
Starting June 1st until Labour day - daily
Times southbound 0800, 0900, 1100, 1300, 1500, 1700, 1800, 1900.
Times northbound 0715, 0830, 0930, 1130, 1330, 1530, 1730, 1830, 1930.
Call 581-3398 for confirmation.

LADNER PIONEER 'MAYDAYS' PARADE

Support CCCTS and Al Hollinger (and hear his unique cannon) in this parade on Sunday May 26th. Call Al Hollinger for details 946-1347.

REPORT BICYCLE HAZARDS - Mary Eickhoff

The city of Surrey has established a 24 hour trouble line for receiving messages of cycling hazards on city roads. If you notice any hazards don't hesitate to phone 590-7200 to report it to the city.

Editor's note: Did those of you who do not reside in Lotus Land know that with the projected rate of growth Surrey will soon become BC's largest city!

CROSS CANADA TOUR UPDATE

Well, it's all coming together since I first started to work on the 1996 tour, a year ago. Accommodations have been booked and confirmed. John Peck has completed the individual tour booklets, the trip T-shirts are being printed right now. All participants have paid their share and the tour is now full. From feedback already received the participants are anxious to have the added safeguard provided through continuous communication provided by 5 ham radio operators and their 2 metre radios. We have invitations to visit the Marinoni Bicycle Factory in Montreal, pre-arranged lobster feast in New Brunswick and a welcome party by the mayor of St. John's. We will also benefit from a tour cookbook, compiled by Joan Enman and her daughter, from recipes sent in by the membership. Two motorhomes will accompany the tour, having

offered their assistance if required. Six cyclists will begin the tour on the Vancouver Island west coast in Ucluelet. Seventeen cyclists will cycle all the way - Vancouver to St. John's and twenty will cycle all of Newfoundland.

I would like to mention that I have enjoyed the planning of the tour as it became challenging, satisfying, and a tremendous learning experience. I would like to thank the Cross Canada Cycle Tour Society for giving me their support. My special thanks to the following members for their various contributions: Jim Beattie, Lise Brooks, Martine Donahue, Bob Douglas, Joan Enman, Joan Engman, Eva Folk, Bill Hannan, Al Hollinger, Rowan Ley, Marten McCready, Robert McNish, Shirley & David Middleton, John Peck, Romeo Quinter, Gerry Sutherland, Al Westnedge.

Watch for continuous updates faxed back to the editor Rowan Ley for inclusion in future Newsbriefs.

Will be back beginning of October with trip videos.

Felice Bennekou

GUATAMALA REVISTED - Katryn Jeronimus

Hello everybody in my bicycle family! I was suprised and even a little embarrassed to be treated to such a warm farewell dinner party just before I left for Guatamala. It really encouraged me and I hope I live up to your expectations. I will try to report some of my experiences while I was there - starting with the first project I was involved with. "Grupo Del Canada Dara Servicios Gratuitos De Cirugia". I worked with this hospital group as an admitting nurse and dealt with the stream of would-be patients who lined up in the mornings for free advertised treatments, such as hernias, varicose veins and gall bladders. As you can well imagine, I was somewhat rusty at first but I soon got the hang of it. Our patients came down from the Highlands by bus through rough terrain. Most of them brought their entire families who camped nearby and who brought goods for sale as well as animals to earn the minimum dues for their treatment.

I had to find accommodation and managed - for the price of \$70 a week to find a small room with 3 meals a day. The meals consisted of beans, rice and water and if you were still hungry, then you could get water, rice and beans! The room was somewhat primitive - no window, one lightbulb and a small cot to sleep on. To prevent falling out of it I pushed the bed against the wall! I had to take a shower in the middle of the day so that the sun could heat the water. Needless to say one shower a day was pretty near one too many comfortwise

Editor's note: To be continued next month..

CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian Polley vice president, CCCTS.

1996 CCCTS TOURS

Kootenay 96 A or B.

At the time of writing this Newsbrief the participants in Tour A have already left for Kelowna and the participants in Tour B will be 3 days behind them. John Peck advised that the office was a very busy place on May 14th with everyone scurrying about making sure that there was equipment for both tours. We trust that they will have sunny days and happy landings should the occasion arise.

Gabriola Island - Dennis Parsons - May 21 - 23
Cost \$50, limit 25. A tenting tour. Please contact the office if you are interested. Note: This tour will be ready to go by the time you receive this epistle. I suggest you contact Dennis direct if you plan to go.

The tour involves tenting for two nights on a vast lawn with a view of the Coast range and the Gabriola Island lighthouse. Cozy accommodation is provided for meals and socializing in the evenings.

Day one: Ride from Victoria (Swartz Bay for mainland participants), dinner will be waiting.

Day two: Enjoy exploring Gabriola island. Breakfast, a boxed lunch and dinner will be provided.

Day three: Rush to catch the 8 am ferry to Vancouver Island. Cycle either back to Victoria, or if you are coming from the mainland you have 3

options. Catch the Nanaimo ferry. Catch the Crofton ferry to Saltspring and the Gulf Island ferry to Tsawwassen. Catch the Swartz Bay ferry to Tsawwassen.

Brena Borrón is transporting extra baggage.

Participants: Jan Grove, Maurice Muloin, Guenther & Alida Wellmann, Jim Brett, Dennis Parsons, Rolf & Sally Petersen.

Editor's note: If the same arrangements are made as when I went on this tour (it was great) lower mainland participants caught the Tsawwassen ferry to Swartz Bay, biked fully loaded to the ferry at Brentwood Bay where they met the Victoria contingent and loaded tents onto the truck. Coming home their gear was dropped off at Crofton.

Cross Canada - Jun 1 from Vancouver - Sept 15
Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25. The actual tour will officially start at the Beach Grove motel in Tsawwassen.

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. There is still room for a couple of participants who would like to go coast to coast.

Felice has reviewed anticipated costs and the budget is now based on a cost of \$27.50 per day per participant. The estimated cost, coast to coast, is \$3000. This cost included an allowance for possible contingencies. Any amounts left over will be refunded to participants, based on their participation, at the end of the tour.

Participants: (34) W Armstrong, B Augusteijn, F Bennikou, D Brandon, J Brett, B Darvell-Jones, E Dean, C Dukeshire, J Dukeshire, R Eade, M Edwards, J Enman, W Hannan, J Harvie, Z Harvie, S Joos, B Jordon, B Masse, R McNish, C McPhersen, D Middleton, S Middleton, A Milaire, M Owen, G Prud'homme, C Radnai, C Rorison, A Soukoreff, T Tuma, C Ungrin, E Ungrin, W Waardenburg, A Westnidge, J Wolff.

Bella Coola 1996 - 21 days, July 2 - 22 (first group)

Coordinators: Al and Diana Lifton Phone 604-468-5696; fax 604-468-5691.

Maximum: 8 to a group (another group could follow using the same van and equipment).

Estimated cost: \$800.

Cycling distance: 1360 k.

Deposit: \$100 due April 1, balance \$700 due June 1 (deposit is not refundable if numbers drop below 8 after the tour is set to go).

This is a camping/support vehicle tour. For the following reasons, this tour is different than usual: 175 k of gravel road; the 10 k downhill (gravel with

switchbacks, grades of up to 18%); the possibility of heavy rain and excessively long distances between campgrounds.

We plan to rent an 8 person van with the appropriate equipment to allow heavy-duty bicycle racks (capable of carrying all 8 bicycles), one to be mounted at the front, and the other at the back of the vehicle. All 8 persons, pay, bike, drive, shop for groceries, and share cooking duties.

Itinerary: - Refer to the July Newsbrief

Ferry costs: vehicle fare \$199 (\$25 per person); adult fare \$89.50.

A detailed schedule can be obtained from the Liftons.

Participants: (8) Al & Diana Lifton, Elsie Dean, Judy Jackson, Peter Cordoni, Bruce Ross. Frank Jacobsen, Leila Montgomery.

Wait-listed (3): Bill Hannan, Ray Merness, Ian Cassie

San Juan Islands - Bob Douglas - 604-435-3893. 11 days, Mon July 22 - Thurs Aug 1.

Camping with a support vehicle. Relatively short rides but some hills. Swimming, sight-seeing and hiking opportunities.

Estimated cost \$265, maximum 32. Reservations have been made so please send \$15 deposit with registration.

Participants (32): Doc Watson, Bob Douglas, Ray Merness, Elizabeth Pecknold, Alex and Anna Markus, Lloyd Smith, David and Virginia Brown, John Peck, Catherine Lynch, Barton Howes, Faye Wilson, Pete & Shirley Cordoni, Joyce Bowen, Russ Kelley, Rose Tanchak, Mary Yaremovich, Betty McCulloch, Thom Joyce, Josie Zewiec, Eleanor Bannister, Ben Kihlman, Christine Saliaris, Brian Lamb, Olive Balabanov, Victor DePaul, Monty Peters, Emma Matte, Neil Dobson, Fritz Niebisch, Bruno & Cathy Freigang.

Wait listed (7): Roy Towler, John Hiza, John Harvie, Zel Harvie, Ed Harvie, Betsie Bennich, Janet Tregallis

Whistle the Rapids - Barton Howes

604-378-0927 Aug 11 to 30

A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel. Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt, Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$50 upon registering. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: (12) Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks, Margaret Fyfe, Roy Barrows, David Brown, Audrey Hayes, John Hiza, Wendy Caruso, Faye Wilson, Betsy Banich.

Fernie - Waterton - Aug 28 - Sep 10.

Ted Stubbs 604-321-2784.

A 600k camping tour, with support vehicle, starting in Fernie BC. Cost \$300, no maximum stipulated.

The tour will include Waterton Park in Canada and Glacier National Park in the US.

A detailed itinerary is available from Ted Stubbs.

Participants: (26) Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Horst Hees, Ray Merness, Ron & Janice Pickerill, Margaret Hunter, John Hickman, Marion Orser, Bill Hook, Barbara Faulkner, Vikki Bernhardt, Brenda Borron, Bob Forsberg, Theresa & Wendell Green, Bruno & Cathie Freigang, Eleanor Bannister, Ann Miller, Elizabeth & Anker Gram, Joan Engman.

Editor's note: Ted is still looking for a driver.

Western Australia - Sep 15 arrive Perth. Sept 18 leave Perth returning Oct.21; 34 days, 1900 k.

Rae Wohlschlegel 604-592-6680. A van supported tour to take only what can be carried in 4 panniers. Please contact Dan Peach ANZA 1-800-668-6612 re your airline plans.

The \$200 requested Sep/95 is for airlines only and easily returned if not used.

The \$200 requested Jan/96 is mainly for accommodation deposits and required from all participants. Please make all cheques payable to CCCTS and mail them to the office. Twenty-five dollars is non-refundable if you cancel out of the trip.

Accommodation is either camping, trailers, hostels, or motels/hotels. This tour can be done without tenting and also can be done with almost all tenting. My costs over 10 days for accommodation and food was under \$26/day. Based on this I figure costs on top of airlines and extra tours, etc., will be from \$1000 to \$2000 depending on choices of accommodation and food costs. A detailed itinerary can be obtained from Ray.

Participants: (24) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel, Dennis Parsons, Kathleen & Ray Wilkinson, André Milaire, Irving Weiss, Bob Miller, Keith Bower, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Jean Horrocks, John & Dornacilla Peck, Bobbie Redmond, Brian Badger, Harry Tingley, Myrna Korstrom.

New Zealand South Island - Nov 29 '96 - Jan 10 '97

Dennis Parsons - 604-995-1291. A self contained camping, hostel tour.

If you want to enjoy soft double beds, your choice of many TV channels, swimming pools and saunas..... If you love the roar of traffic, the breathtaking fumes..... If you sit excitedly at the

table after a meal with nothing on your mind but the joy of paying the tip and GST..... and you love Jingle bells, Jingle, bells, Jingle bells..... If you know that right is right and to ride the left side of the road is wrong then this trip is not for you.

But if you don't mind cycling long distances and up some steep hills, and sleeping in hostels six to a bed, er, room, then sign on for one of the coolest rides in a picturesque wonderland.

We'll spend a couple of days in Christchurch with perhaps a ride to Sumner, then we will head south to Invercargyl and north to Queenstown with perhaps a detour to Milford Sound.

Remember that you will do what you want and wont have to visit Arrowtown or Cromwell (where golfing is so cheap). By bike or bus we will get to Greymouth and take a train over Arthurs Pass to Christchurch.

Now for the best part, we will cycle north to Kaukura, Picton and Nelson and down to Greymouth to cross over Lewis Pass to Christchurch. Then we must go to Akaroa before boarding the plane home. Sound good? Chuck \$10 into the office to get aboard and to get more news. I (Dennis) plan to spend 2 weeks holidaying in the Cook islands after this tour.

Arizona - November 9 - 23. Bernice Gregory 604-929-7533.

A motel tour with a support vehicle for emergency use and coffee only. In other words pack your own gear. Cost \$600 with a \$50 non-refundable deposit by Sept 1 and the \$550 balance by Oct 15. The cost does not include airfare (American airlines has a direct flight from Vancouver for a little over \$300 Can) nor does it include meals other than at the Biosphere.

Itinerary: The tour starts with a Nov 9 overnight stay at the Best Western in Phoenix. Nov 10 - Coolidge, Nov 11 Biosphere (great accommodations & includes dinner and breakfast) Nov 12 Tuscon, Nov 13 Benson, Nov 14 Tombstone, Nov 15 Bisbee, Nov 16 Douglas, Nov 17 Sierra Vista, Nov 18 either Nogales or Patagonia, Nov 19 Tuscon, Nov 20 rest day, Nov 21 Casa Grande, Nov 22 Phoenix, Nov 23 is time to head for home.

Bernice, in her normal efficient manner, has all but guaranteed good weather for this historically popular Club tour. She will forward a letter to participants advising them of details of the trip on receipt of their \$50 deposit.

Participants (23, max 30): Bernice Gregory, Norma Sinclair, Doc Watson, Jack Sheppard, Barbara Faulkner, William Hook, Margot & Ivan Paravan, Robert & Betty Jean McHugh, Mary Whyte, Sally Svensson, Keith Davey, Pat & Don Gowing, Barbara Hetzer, Betsy Banich & husband (new members), Hans Kruger, Dorothy Kennedy, Shirley Fisher, Katryn Jeronimus, Rowan Ley, Jean

Lichtenwald.

1997 CCCTS TOURS

Hawaii - The Big Island - Feb 1997
Bill Hook 604-595-4315

A hotel and restaurant tour of the Big Island. We fly directly to and from Kona. The cost last year was \$1500 plus your food. There will be additional information on subsequent Newsbriefs.

Participants: Bill Hook, Barbara Faulkner, Bobbie Redmond

Denmark/Norway/Sweden - Rolf Petersen 604-384-6804

Rolf anticipates the tour will be in June and will be of 3 weeks duration. It will be self contained staying at hostels. If interested please contact the office. Rolf expects the daily cost of food and accommodation to be around \$40. Participants to make their own travel arrangements. Ferry fares between Denmark, Sweden and Norway is an additional cost. The tour will include a rest day in Oslo. It starts and ends in Copenhagen. Reservations must be made by the end of July so there will be an early confirmation required.

Participants: (12) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Robert Miller, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Josie Zewiec, John Peck.

Editor's notes: Rolf supplied me additional verbal information but I do not have the notes available for this issue and the above is from memory. There will be more specific information for the next Newsbrief.

VANCOUVER WEEKLY RIDES

Sundays: Meet at 10 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Tuesdays/Thursdays: Meet at the Community Centre in Ladner at 10 am. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.
- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY RIDES

Victoria:

- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 995-1291 or Carl Dukeshire (Duke) 658-2696.
- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.
- **Thursdays:** Doc Watson (477-0476) will lead Victoria members wishing to participate in the Ladner Thursday ride.

Nanoose/Parksville

- **Thursday:** Meet at 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

OPTIONAL RIDES

Vancouver Island Thursday rides.

June 6th: Cheesecake run to Shawnigan Lake. Phone Horst Hees (389-1152) for details.

June 13th: Saltspring Island spree. Phone Bruce Ross (656-5591) for details.

June 20th Sooke Sockem. Phone Jim Grove (478-4146) for details.

June 27th: Nanaimo Bash. Phone Sally Petersen (384-6804) for details. We will be joining the Liftons on their regular Thursday ride. Meet at 10 am at Nanoose Place, 2925 Northwest Bay road. If members from the mainland wish to participate in the Victoria rides contact either Horst Hees or Dennis Parsons (be prepared to bring your sleeping bag), they would be happy to arrange accommodation for you.

NON CCCTS-SPONSORED RIDES.

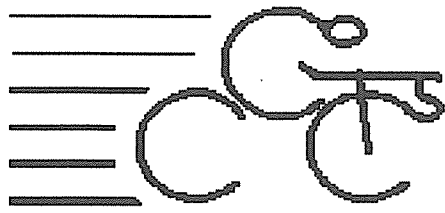
The purpose of this section is to provide a service to enable members to extend an invitation to other members to join them in a non club-sponsored tour. All arrangements are made directly between the organizer and the participants; not through CCCTS.

Tour of France Sept '96 - Ray Merness

Ray intends to start a 16 day tour for 6 cyclists at Vendome, 140k southwest of Paris, and cycle through the wine country to the Spanish border. He advises that there could be 2 groups going so has obviously had a good response. If interested contact him at RR1 PO Box # Jolly 14, Halfmoon Bay BC V5Z 3K3 or phone 604-885-4506. Do not contact the office.

Single Sock Sentury.

The Vancouver Bicycle Club presents its single Sock Sentury on Sunday June 9th. Choose between 30, 60, 100 and 160k's. The ride starts and finishes at Spanish Banks East Concession with Food Stops along the way. Please contact Bruce Hainer, 604-873-0320 for more details.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 13 No. 6

June 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office Manager	Marion Orser	520-7636
The Island	Horst Hees	389-1152
	Jim Brett	383-4303
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

1996 CCCTS COMING & NEW EVENTS

AUGUST:

Don't forget to set aside Thursday Aug 8th for the Club's annual picnic and swap meet. Bring your material to be swapped

PRESIDENT'S CORNER

It always amazes me when I go on a trip with the CCCTS to find such a truly wonderful group, such as we have on each and every tour. The Kootenay tours just completed, were a fine example. Plagued by adverse (rain and snow) weather but lead by outstanding people we had (on reflection) a great time. If you want to enjoy warm companionship and discover the true nature of this club - go on one of their tours!!

Our next tours are Diana's "Through Bella Coola" and Bob's "San Juan Islands".

We are now in the process of examining our club's waiver form to give us more complete coverage. We will have more information to report on future Newsbriefs.

Don't forget the club's annual picnic and swap meet on August 8th.

We have just received information from Felice, leader of the Cross Canada tour, that she is operating under very stressful conditions with the loss of Jim Brett and several other cyclists being unable to continue on the tour due to suffering various ailments. Felice reports the tragic events have drawn the group closer together and that they are confidently carrying on. Hopefully some will be able to rejoin the tour at a later date.

Felice feels that several of the participants simply were not prepared for such a long and difficult trip. Perhaps it would be wise for anyone contemplating this tour in the future to have a physical and a doctors recommendation prior to going.

EDITOR'S NOTEBOOK

It is Sunday June 9th on a delightful spring day here on the west coast. I had planned to complete this epistle quickly and get out and enjoy the weather. However, I was persuaded to take a jaunt on my new roller blades first. Now, here I am trying to finish the Newsbrief with one hand, the other one being out of commission after a fall. You don't have so far to fall but the asphalt is still pretty hard when you land, as I found out. I guess it serves me right for not sticking to bicycles!

As editor I feel the purpose of the Newsbrief is to promote the Club's rides, report on members experiences on these rides, publish cycling related articles and to include non-cycling articles such as Katryn's experiences in Guatamala. I feel that it is

not the purpose of the Newsbrief to publish letters or reports involving specific complaints against either individuals or groups of individuals. They should be directed to the President or the Board of Directors. The one exception is of course a complaint for an item appearing in the Newsbrief in which case your editor (me) is fair game.

At the last directors meeting a couple of complaints were aired about articles appearing in the May Newsbrief.

Over-riding my basic intuition I published a letter from an anonymous member giving accolades to specific people for their contributions to the Club. While the writer meant well, the names of other members making significant contributions were not recognized. Quite rightly, some of these members wondered why their contributions did not rate. In future I will be more careful about publishing anonymous submissions.

The second item to cause dissension was the article on the Victoria picnic where one of our members came out with both barrels blazing. I had wanted to publish a report on the picnic as it has been a very successful Club event. Lacking anything from Victoria I asked Al Hollinger for his comments as he lead a large contingent from the mainland. I published his comments and in hindsight should not have mentioned alcohol nor the difference in price between the Ladner and Victoria picnics. I knew Al's comments were "tongue-in-cheek" but did not stop to consider how others might read it. In fact the Victoria picnic food costs were higher than Ladner's and they had to pay for their facility sight, whereas the Ladner picnic did not. From all reports the Victoria picnic was excellently organized, the food was great and the cost was very reasonable. As usual the Victoria members went to considerable length to ensure the lower mainland participants were well looked after.

NEW MEMBERS

We welcome these new members to the club

Gaby Vaillancourt
6955 Binet
Charlesbourg, QC, G1H 6A2 418-629-9533

Betsy Banich
382 St. James Road East
North Vancouver BC, V7N 1L2 604-980-0801

Sherie Croft
512 Croissant de Bruyne
Alymer, QC, J9H 5N8 819-682-6943

Janet Perchie
3308 Jervis Cr

Clearbrook, BC, V2T 4R6 604-850-0946

Edwin Hardy
160 Pawnee Dr
Boulder CO, USA, 80303 303-494-9065

Tamas (Tom) Sander
12072 Pretty Rd
Winfield, BC, V4V 1H2 604-766-0688

Total membership - 416

IN MEMORIUM

We deeply regret having to report the death of Jim Brett from a heart attack on the eighth day of the Cross Canada tour. Jim apparently died at night in a hotel room in Kinbasket, BC. This information was received just prior to publishing this Newsbrief so very little more is known at this time.

FOR SALE - Al Hollinger 604-946-1347

A 1989 Miata touring bike, indexed gears, and low rider frames for front panniers. In great shape \$450

CROSS CANADA SENDOFF - Rowan Ley

I did not get a written report on this event but I understand that 5 participants starting in Victoria got a warm sendoff from our Victoria members and that Jim Bretts's bag somehow went astray and he had to purchase new clothes etc before he even started on the tour. On the first day out of Tsawwassen the tour and quite a few non participating members cycled to Wayne Waardenburg's home in Matsqui where Wayne cooked dinner for 50 people which was apparently devoured with gusto. I hope someone will give us more information for next months Newsbrief.

GUATAMALA REVISTED - Katryn Jeronimus
Continued from May Newsbrief.

I kept my spirits up by writing letters to you, my friends, and with phone calls to my family, the latter costing \$20 for 3 minutes with interruptions and disconnections being a matter of course.

Recreation-wise, I took some "tours" to El Salvadore and the Honduras and once made it to the coast. The tours included hotel accommodation. Let me describe what that amounted to. The hotel at the coast was a slab of cement on a patio and my bed was a hammock - my companions were two pigs and three chickens. Transportation, also provided, was being packed with 16 other people in the back of a Datsun pick-up truck. "How?" You ask - we were all standing up!

After my stint at the first project was finished I was soon assigned to a second project, "NINO OBRERO CAPACITANDO NINOS PARA VALERSE POR SI MISMOS", which lasted four weeks. This was a school for working children as it is called. The children, boys and girls alike, were ages 3 to 14. They worked at the markets and in the fields and would sometimes attend school, where they also were provided with a warm lunch. Schooling and lunches were provided by the Dutch government. My job was to assist with de-licing and other hygiene!. With the Easter Season approaching my project was finished.

All in all, my trip to Guatamala was very interesting, especially because I always wanted to do this, but how happy I was to be back where I belong! Adios, my friends, see you on Tuesdays and thank you for your support

Editor's note: It must have been quite an experience Katryn. What an opportunity, where else do hotels not only provide hammocks, but also pigs and chickens to sleep with? I bet you have a lot more stories to tell.

KOOTENAY LOOP '96 TOUR B - Donna Nicholas

This tour was organized by John Peck and led by rookie tour leaders, Jim and Shirley Mae Jeffries who kept things running smoothly and brought a lot of fun and laughter to the trip. Most of the group were able to attend a dinner at my home on the evening prior to starting the tour, which was a means of initially getting to meet one another.

Our first day ended with a glorious red sunset on McCulloch Lake. The first night, however, was a cold one with frost on some tents, ice in water bottles, and Roy in the shower at 4 am attempting to get warm.

We had our share of rain from the first day to the last. For some, that meant taking cover and drying out in the Beaverdell Hotel where a cosy wood fire greeted us. For others, it meant stripping down as much as possible while maintaining a marginal degree of decency, in laundromats in the town of Grand Forks and Dutch's campground in Vernon.

With safety and comfort always a priority, Jim was quick to review situations regarding weather and road conditions and to arrange alternate accommodation when necessary -- motel rooms in Greenwood (8 tenters did choose to sleep in the heavy downpour), cosy cabins with wood fires burning at Christina Lake, and bunkhouse facilities at Spruce Grove. Bags were opened immediately

and soon all available space was draped with wet tents and flies, clothing and shoes dripping or drying out near the heat. At times it was necessary for men and women to share bathroom facilities. This was the case at Spruce Grove. It was at the Spruce Grove bunkhouse that Vikki and Leila were unable to open the door to their room from the inside and were consequently locked in until an early hour when they were rescued. Some think it was a conspiracy to free up the bathroom for the men, as it had been primarily dominated by the women upon their arrival.

The "Kootenay Loop" tour was well chosen for the challenge it presented in cycling the Paulson and Monashee Passes. But our reward was spectacular scenery with roadside flowers, many beautiful lakes and streams, cascading waterfalls, snow-capped mountains and wonderful stretches of highway winding its way on the descent down to the small towns of Grand Forks, Castlegar, New Denver, Nakusp and Cherryville. Animal sightings included numerous deer, porcupine, coyote, black bear, moose, and a bear with cubs. A variety of birds were seen and the songbirds were enjoyed even on damp days.

Highlights of the trip included a wonderful dinner hosted by Leila and husband Jim at their home in Nelson, a dip in Ainsworth Hot Springs, evening campfires courtesy of Glen, and our last dinner together at the Tikki Village in Vernon where we again stayed in motel rooms.

With no truck driver on this tour, each cooking team shared the truck driving duties and it worked out well even for those who had never before been responsible for the support vehicle, coffee breaks and shopping.

Our rest day was spent in New Denver and began with a pancake, bacon and egg breakfast with Jim taking on the job as master chef. Later, some of the group cycled to Silverton,, Bill and Barbara cycled to Nakusp and back, some strolled around New Denver seeing the sights and others went on a hike along the lake to the historic Molly Hughes Mine area.

For four of our cyclists, Jean, Yvonne, Glen and Roy, the touring/tenting experience was a *first*. They survived, and we hope to see them again on future rides. Yvonne soon learned to be the first, instead of last, to pack up her bags. Glen was our resident doctor and his services were soon called upon when Jean's chin met the pavement and resulted in 4 stitches and a tetanus shot on day four. Roy also required stitches in his leg and a tetanus shot on day

12 when his bike didn't make it over a double set of those dreaded railway tracks.

The cooking team of Pat, Sylvia and Ted arranged a birthday cake at Spruce Grove in celebration of Margaret's birthday

Vernon did his usual good job of changing flat tires, including his own. Art was a steady cyclist and completed the whole tour in spite of having had by-pass surgery 4 months earlier. We never doubted his ability. Bruce cycled well over 100 k from Creston to join us at Mirror Lake. Wendy, Katie and David completed the group.

In closing I want to say how much I enjoyed being part of this group, and to congratulate Jim and Shirley Mae on a successful and truly memorable fun-filled ride.

OUR WILD LIFE IN THE KOOTENAYS - Horst Hees

Fresh clean water was gushing out everywhere; from the sky and out of the rocks, cascading down the slopes of the snow capped mountains into brooks, down creeks and into swelling rivers. Pipes at the side of the roads were offering it to drink.

I rode through a valley overflowing with the sound of a glorious song of joy and searched for the mighty singer; where was he hiding such a big voice? Could it come from the breast of this small robin perched on that fence post?

The nighthawk sang us to sleep with his melodic wing beats. A lullaby I reserved for tenters. Eagles, osprays and meadowhawks kept us company through mountain passes and luscious green valleys.

We saw many deer very close by, a coyote investigating a "find" and a cuddly reddish brown bear ambling through a meadow. We stopped for the bear mother with her two cubs and watched them ignoring us and eating dandelions not ten yards from us.

And there were Holsteins, horses, Charolais, llama, Black Angus, donkeys Guernseys and some very lovely people too, riding with me and camping, cooking and eating and frolicking together in this wonderland.

What a treasure we have in the Kootenays. What a wild life we enjoyed in the Kootenays. Thank you CCCTS and John.

Editor's note: I have not heard of a meadowhawk. Is it the same as a meadowlark? I believe a Charolais is a type of cow.

A BRIEF NOTE ON THE OTTAWA WEEKLY RIDES - Garfield Clack

A CCCTS Thursday ride has become something of an institution here in recent times. Its genesis is worth recording while memories are still fresh.

During a social gathering of five or six local CCCTS members convened at my house in 1989, Rolly Reader made a suggestion that we consider a regular ride for club members in the region. At that time it was felt that the Ottawa Bicycle Club rides met our needs.

In 1991, the year after Peter Jones and I completed the 1990 CCCTS Cross-Canada tour, we began a regular weekly ride - and put in 12 "Thursday Rides" altogether during 1991. We established a routine: meeting at home for coffee, cycling 20 - 30 miles to a selected pub in an outlying village for lunch (where wives would sometimes meet us), and cycling to arrive home by mid-afternoon.

In 1992, Peter and I followed the same pattern, again putting in 12 rides altogether until I had to desist because of a painful spinal complaint. By mid-summer 1993 I had recovered sufficiently to cycle again, putting in 14 weekly rides with Peter by mid-November. During this year Bobbie Redmond joined us for two of the rides and organized an evening social for those in the area who would be participating in the 1993 Cross-Canada tour. Two non-club members had also joined us on two of the rides.

During 1994 our rides became overtly, but not exclusively, outings by CCCTS members: we put in 16 rides, Bobbie Redmond had become a regular, Peter Mix, Lise Brooks, and Marj Murphy had each done one of the rides. The number of listed CCCTS members in the National Capital area had grown, and I held an evening social at my home in order to let the new members know what we were doing and to encourage more participation. Bobbie did the same. The greatest number on any one of our 1994 rides was 7: Bob Chaisson (who will join one day!), Peter Mix, Bobbie Redmond, Gerry Sutherland, Lise Brooks, Betty Darvel-Jones, and myself. The latter five were all scheduled for the Cross America Tour in 1995.

In 1995 there were 21 Thursday rides in which I participated, despite tours away from home and the early onset of real winter. In addition to those already mentioned, other members on rides were

Lois Pearson, Bill Armstrong, Ken Hanna and Charles Stanton.

The 1996 season has just begun. Doc Watson joined the first outing, and five hardy souls braved zero degree weather on the following ride on April 4 to visit the Red Dot Cafe in Osgoode for lunch. A strong, cold, headwind and a roundabout route home, for a most memorable, 100+ k day's cycling! The CCCTS is certainly active in the Ottawa environment.

ODDS 'N ENDS

Did you know that the world's first pedal-bicycle was invented 157 years ago by Dumfriesshire blacksmith Kirkpatrick Macmillan.

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

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

Dennis Parsons June 1989.

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

PATIENT: I AM eighty!

DOCTOR: What did I tell you?

Anonymous from the June 1989 Newsbrief.

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Last month while cycling with Al my chain came off and I started to get off my bike to put it back on. "Why are you getting off your bike?" questioned Al. "To put my chain back on" said I. "You don't need to get off your bike to do that," exclaimed Al. He then showed me how easy it is to get your chain back on the front sprocket while on your bike. It's so simple, just keep a light pressure on your pedals and shift down to the low gear on your front sprocket and bingo the chain slips back on. No getting off your bike and no dirty fingers. Unfortunately if you are in low gear and going up a hill it is more of a problem as you have to ease up on the pressure on your pedals and switch to high gear.

Rowan Ley

88888888888888888888888888888888

A recent issue of 'Bicycling Magazine' published the 10 best cities in Canada and the USA for cycling. It was interesting to see that Vancouver was rated number 10 out of 226 cities surveyed and that they indicated it was coming on fast. They even mentioned our 'pothole' hotline but did not give the

number (Marion can you give us this information). I knew from Mary's previous article that Surrey had one but was not aware Vancouver already had one. I was even more suprised to see Toronto top the list. Other cities mentioned were Phoenix # 9, Ottawa # 8, Eugene # 7, Denver # 6, Seattle # 5, Madison # 4, Tuscon # 3 and Portland # 2. For the members in Ottawa the magazine reports reveals 270,000 cyclists with nearly 10% identifying themselves as regular commuters (compared to 2% in Vancouver).

TRICK TREATS - Bicycling Magazine

An article in this magazine on nutrition lists 8 odd but tasty cycling snacks. The results of a six year old survey of cyclists showed that 71% of the people contacted placed nutrition above equipment in importance. The same group placed bananas as the number one of the top 10 on-bike foods, followed by such staples as fig bars, cookies, apples, energy bars, granola bars, bagels, dried fruit, raisins, and gorp/trail mix.

Six years later, sprinkle in much improved sports drinks and newly developed energy gels, and the list would appear much the same. Even the most balanced cycling diet can be monotonous and bland so don't under estimate the importance of taste. If the food in your pack is tasty you're more likely to eat it - and more often.

Somer - the author of 'Food and Mood', a book about how nutrients in food improve memory, energy levels, attitudes and other functions - explains that carbo-rich foods trigger the production of serotonin, a neurotransmitter that calms an appetite rage and improves mood. Researchers suspect that some carbo-rich foods also trigger immediately accessible endorphines, morphine-like chemicals in the brain.

To be continued with cycling recipes.

CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip

itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian Polley vice president, CCCTS.

1996 CCCTS TOURS

Kootenay 96 A or B.

Both tours have been completed and all are home safely with stories to tell of an enjoyable and successful tour regardless of the rather wet and cool unseasonable weather.

Gabriola Island - Dennis Parsons - Completed with 13 participants .

Cross Canada - Jun 1 from Vancouver - Sept 15 Felice Bennekou.

The tour is now underway and we hope to hear from them as they travel across the continent.

Participants: (34) W Armstrong, B Augusteijn, F Bennikou, D Brandon, J Brett, B Darvell-Jones, E Dean, C Dukeshire, J Dukeshire, R Eade, M Edwards, J Enman, W Hannan, J Harvie, Z Harvie, S Joos, B Jordon, B Masse, R McNish, C McPhersen, D Middleton, S Middleton, A Milaire, M Owen, G Prud'homme, C Radnai, C Rorison, A Soukoreff, T Tuma, C Ungrin, E Ungrin, W Waardenburg, A Westnidge, J Wolff.

Bella Coola 1996 - 22 days, July 2 - 23

Coordinators: Al and Diana Lifton Phone 604-468-5696; fax 604-468-5691.

Maximum: 8

Estimated cost: \$800 (including ferry costs) due by June 1 (\$100 deposit is not refundable if numbers drop below 8 after the tour is set to go).

Cycling distance: 1360 k.

This is a camping/support vehicle tour. For the following reasons, this tour is different than usual: 175 k of gravel road; the 10 k downhill (gravel with switchbacks, grades of up to 18%); the possibility of heavy rain and excessively long distances between campgrounds.

We plan to rent an 8 person van with the appropriate equipment to allow heavy-duty bicycle racks (capable of carrying all 8 bicycles), one to be mounted at the front, and the other at the back of the vehicle. All 8 persons, pay, bike, drive, shop for groceries, and share cooking duties.

Itinerary: - Refer to the July Newsbrief

A detailed schedule can be obtained from the Liftons.

Participants: (8) Al & Diana Lifton, Elsie Dean, Judy Jackson, Peter Cordoni, Bruce Ross. Frank Jacobsen, Leila Montgomery.

San Juan Islands - Bob Douglas - 604-435-3893. 11 days, Mon July 22 - Thurs Aug 1.

Camping with a support vehicle. Relatively short rides but some hills. Swimming, sight-seeing and hiking opportunities.

Total estimated cost \$265 (includes the \$15 deposit) is due *June 30th.*, maximum 32

Participants (33): Doc Watson, Bob Douglas, Ray Merness, Alex and Anna Markus, Lloyd Smith, David and Virginia Brown, John Peck, Catherine Lynch, Barton Howes, Faye Wilson, Pete & Shirley Cordoni, Joyce Bowen, Russ Kelley, Rose Tanchak, Mary Yaremovich, Betty McCulloch, Thom Joyce, Josie Zewiec, Eleanor Bannister, Ben Kihlman, Christine Saliaris, Brian Lamb, Olive Balabanov, Victor DePaul, Monty Peters, Emma Matte, Neil Dobson, Fritz Niebisch, Bruno & Cathy Freigang.

Wait listed (8): Roy Towler, John Hiza, John Harvie, Zel Harvie, Ed Hardy, Betsie Bannich, Janet Tregallis, Ken Grieve.

Whistle the Rapids - Barton Howes

604-378-0927 Aug 11 to 30

A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel. Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt, Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$50 upon registering. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: (12) Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks, Margaret Fyfe, Roy Barrows, David Brown, Audrey Hayes, John Hiza, Wendy Caruso, Faye Wilson, Betsy Banich.

Fernie - Waterton - Aug 28 -Sep 10.

Ted Stubbs 604-321-2784.

A 600k camping tour, with support vehicle, starting in Fernie BC. Cost \$300 which is due July 1. As yet no maximum stipulated.

The tour will include Waterton Park in Canada and Glacier National Park in the US.

A detailed itinerary is available from Ted Stubbs.

Participants: (26) Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Horst Hees, Ray Merness, Ron & Janice Pickerill, Margaret Hunter, John Hickman, Marion Orser, Bill Hook, Barbara Faulkner, Vikki Bernhardt, Brenda Borron, Bob Forsberg, Theresa & Wendell Green, Bruno & Cathie Freigang, Eleanor Bannister, Ann Miller, Elizabeth & Anker Gram, Joan Engman.

Editor's note: Ted is still looking for a driver.

Western Australia - Sep 15 arrive Perth. Sept 18 leave Perth returning Oct.21; 34 days, 1900 k. Rae Wohlschlegel 604-592-6680. A van supported tour to take only what can be carried in 4 panniers. Please contact Dan Peach ANZA 1-800-668-6612 re your airline plans.

The \$200 requested Sep/95 is for airlines only and easily returned if not used.

The \$200 requested Jan/96 is mainly for accommodation deposits and required from all participants. Please make all cheques payable to CCCTS and mail them to the office. Twenty-five dollars is non-refundable if you cancel out of the trip.

Accommodation is either camping, trailers, hostels, or motels/hotels. This tour can be done without tenting and also can be done with almost all tenting. My costs over 10 days for accommodation and food was under \$26/day. Based on this I figure costs on top of airlines and extra tours, etc., will be from \$1000 to \$2000 depending on choices of accommodation and food costs. A detailed itinerary can be obtained from Ray. (Rae will be away from July 1 to Aug 11)

Booked for Sept 15, 16 & 17 at Pacific Motel, 111 Harold St, Mt Lawley, Perth, Western Australia 6050. Phone 09-328-5599, fax 09-328 5268.

Participants: (25) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Dennis Parsons, Kathleen & Ray Wilkinson, André Milaire, Irving Weiss, Bob Miller, Keith Bower, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Jean Horrocks, John & Dornacilla Peck, Bobbie Redmond, Brian Badger, Harry Tingley, Myrna Korstrom Richard Lebek, Cathy Lynch.

New Zealand South Island - Nov 29 '96 - Jan 10 '97

Dennis Parsons - 604-995-1291. A self contained camping, hostel tour.

If you want to enjoy soft double beds, your choice of many TV channels, swimming pools and saunas..... If you love the roar of traffic, the breathtaking fumes..... If you sit excitedly at the table after a meal with nothing on your mind but the joy of paying the tip and GST..... and you love Jingle bells, Jingle, bells, Jingle bells..... If you know that right is right and to ride the left side of the road is wrong then this trip is not for you.

But if you don't mind cycling long distances and up some steep hills, and sleeping in hostels six to a bed, er, room, then sign on for one of the coolest rides in a picturesque wonderland.

We'll spend a couple of days in Christchurch with perhaps a ride to Sumner, then we will head south to Invercargyl and north to Queenstown with perhaps a detour to Milford Sound.

Remember that you will do what you want and wont have to visit Arrowtown or Cromwell (where golfing is so cheap). By bike or bus we will get to Greymouth and take a train over Arthurs Pass to Christchurch.

Now for the best part, we will cycle north to Kaukura, Picton and Nelson and down to Greymouth to cross over Lewis Pass to Christchurch. Then we must go to Akaroa before boarding the plane home. Sound good? Chuck \$10 into the office to get aboard and to get more news.

We will have accommodation for the first few days at a Backpacker's Hostel (preferably Dreamland Hotel) while we make plans. You are welcome to join us then or later and leave when you please. While I am coordinating this tour I am also cycling in two others. Perhaps you are interested in my itinerary or part of it? I plan to start wiith Rae's Western Australia tour, then take the train from Perth to Adelaide, then cycle to Melbourne. I will then fly to New Zealand and do my tour. From there I am going to Roratonga, Cook Islands for a rest then I will join Bill Hook's Hawaii tour before coming home. I am looking forward to this mix and match form of travelling. Ten dollars deposit will cover the costs of communication ie stamps, telephone calls etc. Address all enquiries to the office please. Anza travel Ltd, Vancouver is handling the air travel for some of us and can be contacted at 1-800-668-6612. Participants (9) Roger Braziel, Wendell & Theresa Green, Dennis Parsons, Catherine Lynch, Lise Brooks, Sherie Croft, Harry Tingley, Myrna Korstrom.

Arizona - November 9 - 23. Bernice Gregory 604-929-7533.

A motel tour with a support vehicle for emergency use and coffee only. In other words pack your own gear. Cost \$600 with a \$50 non-refundable deposit by Sept 1 and the \$550 balance by Oct 15. The cost does not include airfare (American airlines has a direct flight from Vancouver for a little over \$300 Can) nor does it include meals other than at the Biosphere.

Itinerary: The tour starts with a Nov 9 overnight stay at the Best Western in Phoenix. Nov 10 - Coolidge, Nov 11 Biosphere (great accommodations & includes dinner and breakfast) Nov 12 Tuscon, Nov 13 Benson, Nov 14 Tombstone, Nov 15 Bisbee, Nov 16 Douglas, Nov 17 Sierra Vista, Nov 18 either Nogales or Patagonia, Nov 19 Tuscon, Nov 20 rest day, Nov 21 Casa Grande, Nov 22 Phoenix, Nov 23 is time to head for home.

Bernice, in her normal efficient manner, has all but guaranteed good weather for this historically popular Club tour. She will forward a letter to participants advising them of details of the trip on receipt of their \$50 deposit.

Participants (30): Bernice Gregory, Norma Sinclair, Doc Watson, Jack Sheppard, Barbara Faulkner, William Hook, Margot & Ivan Paravan, Robert & Betty Jean McHugh, Mary Whyte, Sally Svensson, Keith Davey, Pat & Don Gowing, Barbara Hetzer, Betsy Banich, Hans Krueger, Dorothy Kennedy, Shirley Fisher, Katryn Jeronimus, Rowan Ley, Jean Lichtenwald, Helen Goodchild,, Andre & Frieda Kaufmann, Bruno & Cathie Friegang, Roy Goodchild, Leo Comeau
Waiting list (8) Mo & Ann Aller, Ken Grieve, Brian Badger, Mel & Betty Kerr,, Wendy Caruso, James Sandor..

1997 CCCTS TOURS

Hawaii - The Big Island -Jan 29 - Feb 12

Bill Hook 604-595-4315

A hotel and restaurant tour of the Big Island. We fly directly to and from Kona. The cost last year was \$1500 plus your food. There will be additional information on subsequent Newsbriefs.

Participants (8): Bill Hook, Barbara Faulkner, Bobbie Redmond, Jack Sheppard, Jim Brett, Dennis Parsons, Bruno & Cathie Friegang.

Denmark/Norway/Sweden - June 1997

Rolf Petersen 604-384-6804, maximum 18

This will be a self-contained tour (no support vehicle) staying at hostels. The tour will start and finish in Copenhagen 30 days later. The route will take us through Denmark for 14 days, by ship to Oslo, Norway. Spend 2 days there, cycle down the west coast of Sweden through Goteborg, by ship to Elsinore and back to Copenhagen. The daily cost for accommodations, including breakfast (lunch and dinner not included), is expected to be around \$40. Ferry costs an additional \$150. Participants to make their own travel arrangements from Canada to Copenhagen. A \$100 deposit payable to CCCTS is requested by Jan 1, 1997.

Participants: (18) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Robert Miller, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Josie Zewiec, John Peck, Sally Petersen, Marg Hunter, John Hickman, Richard Lebek, Theresa & Wendell Green.

Waiting list (7); Carl & Joyce Dukeshire, Peter & Chris Kabel, Dan & Jerry Baris, Sylvia Mather.

VANCOUVER WEEKLY RIDES

Sundays: Meet at 10 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Tuesdays/Thursdays: Meet at the Community Centre in Ladner at 10 am . The second Tuesday

of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY RIDES

Victoria:

- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 995-1291 or Carl Dukeshire (Duke) 658-2696.

- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

- **Thursdays:** Doc Watson (477-0476) will lead Victoria members wishing to participate in the Ladner Thursday ride.

Nanoose/Parksville

- **Thursday:** Meet at 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

OPTIONAL RIDES

Vancouver Island Thursday rides.

June 13th: Ferry circle; Brentwood Bay-Mill Bay ferry, Crofton-Vesuvius ferry, Fulford-Victoria ferry. Phone Bruce Ross (656-5591) for details.

June 20th Sooke Sockem. Phone Jim Grove (478-4146) for details.

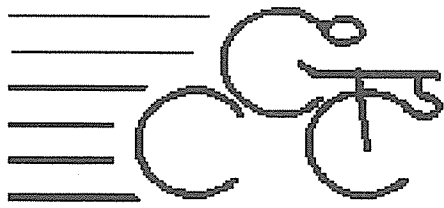
June 27th: Nanaimo Bash. Phone Sally Petersen (384-6804) for details. We will be joining the Liftons on their regular Thursday ride. Meet at 10 am at Nanoose Place, 2925 Northwest Bay road.

NON CCCTS-SPONSORED RIDES.

The purpose of this section is to provide a service to enable members to extend an invitation to other members to join them in a non club-sponsored tour. All arrangements are made directly between the organizer and the participants; not through CCCTS.

Tour of France Sept '96 - Ray Merness

Ray intends to start a 16 day tour for 6 cyclists at Vendome, 140k southwest of Paris, and cycle through the wine country to the Spanish border. He advises that there could be 2 groups going so has obviously had a good response. If interested contact him at RR1 PO Box # Jolly 14, Halfmoon Bay BC V5Z 3K3 or phone 604-885-4506. Do not contact the office.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 13 No. 7

July 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office Manager	Marion Orser	520-7636
The Island	Horst Hees	389-1152
	Jim Brett	383-4303
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

and crew has also left, heading for Bella Coola from Horseshoe Bay, with the thought of a long ferry ride from Bella Coola to Port Hardy in their minds.

The number of participants on the various tours is forcing us to consider running other second tours paralleling the first, similar to the format used on the Kootenay tours. It's great to have so many enthusiastic cyclists in the club --- keep up the spirit, the more the merrier! Bernice Gregory has almost double the number for her Arizona trip scheduled for mid-November as has Rolf Petersen for his Scandinavian journey. Don't delay, make sure you get your money in on time to secure your spot.

Ian Polley has just returned from Europe with some advice for all of us, be very cautious with your chattels, they have a way of disappearing when you travel abroad.

Enjoy the summer!! Don't forget the Club's annual Picnic and Swapmeet on August 8th.

EDITOR'S NOTEBOOK

Last month I was complaining about falling off my Roller Blades and hurting my wrist. It is still sore and has prevented me from riding my Maranoni road bike, which I recently purchased from Al Hollinger, as I cannot work the left brake. Soooo I have to resort to roller blades for exercise. Sooo here I am attempting to type with a sore wrist and at the same time perch uncomfortably on one cheek due to yet another tumble this morning. While roller blades are fun, and you can really travel downhill, the breaking system is virtually non-existent and boy is the ground hard when you use your behind to stop!

1996 CCCTS COMING & NEW EVENTS

AUGUST:

The annual CCCTS Picnic & Swapmeet at 11 am, Aug 8 at Deas Island Park in Delta. There will be a \$5 collection to cover the cost of refreshments.

NOVEMBER:

Annual General Meeting, Banquet & Dance - Thursday, Nov 21.

PRESIDENT'S CORNER

The lazy days of summer are upon us, time to enjoy the open road on our bikes!

The Cross Canada group are well on their way after the tragic loss of Jim Brett, and other less daunting misadventures. By the time this reaches you they will be in Ontario. The experimental trip of Diana

LETTERS TO THE EDITOR

Betty Darvel-Jones agreed to be our official X-Canada journalist. We all like her humorous reports, her witty descriptions etc.

3. Riding against traffic
4. Turning into vehicle path - same disrection
5. Turning into vehicle path - opposite direction
6. Crossing diagonally
7. Falling into vehicle path.

In order that we can all be aware of safe biking practices it would be interesting to determine the cause of accidents in BC and compare them to the Washington state statistics. It would also be interesting to know the percentage of accidents occuring on high vehicle-use streets compared to the quieter side streets.

FOR SALE - Al Hollinger 604-946-1347

A 1989 Miata touring bike, indexed gears, and low rider frames for front panniers. In great shape \$450

TRICK TREATS - Bicycling Magazine Cont from the June Newsbrief - Rowan Ley.

Last month we covered the technical part of the write up. This month we will get to their actual suggestions. Their treats allow for obliterating cycling diet boredom while unloading serotonin and other body chemical goodies into your system. Their list, as you shall see, is filled with novelty picks, some of them on the sketchy side of good nutrition. While they don't advise regular indulgence in the most sinful of them, they feel that an occasional fling won't ruin your body and will let you return with renewed interest to the tradiitional good-food cycling diet of 55-70% carbo, 10-15% protein, and 20-30% fat.

Mountain dew; this drink has become the latest unspports-like drink panacea A 12-ounce serving has 170 calories with no fat or protein, and 46 grams of carbo, that's 100% energy. It contains 55mg of caffeine, about equivalent to 1/2 cup of coffee.

Peanut buter m&ms; Not recommended for a hot day for obvious reasons. Towards the end of an outing on cool day these treats can be like a chocolate carrot pulling you through the home stretch. Limit your intake as 1/4 cup contains 220 calories, 12 grams of fat (49%), 23 grams of carbo (42%), 5 grams of protein (9%), and 2 grams of fiber.

Not-quite-cheesecake; Be a rest-break hero. An "assemble-on-site" snack made by sandwiching shortbread cookies (31% fat) with nonfat cream cheese and rasberry jam (0% fat).

Everything-but-the-kitchen-sink brownies; start with your favorite "light" recipe brownie mix, then throw in bananas, dates, nuts and peanut butter, also substituting 1/2 cup of nofat yogurt for water. Yummy. A brownie when cut into 2" squares has 130 calories, 2.5 grams of fat (18%), 26 grams of carbo (81%) and 2 grams of protein (1%).

Sugar babies; these mini-carbo bombs are chewy, tasty, low in fat and come already stored in their own wrapper. One package (1.7 ounces) delivers 190 calories, 2 grams of fat (9%), 43 grams of carbo (90%) and less than 1 gram of protein (1%).

Squeeze tubes; Buy a \$3 plastic squeeze tube, fill with peanut butter, jelly and applesauce. Or mash a couple of bananas in a bowl, then mix in a couple of tablespoons of peanut butter or mix peanut butter and several packets of banana flavored energy gel. This makes a no mess nutritional on-bike snack.

Handlebar wraps; The writer has seen everything from fruit leather to PowerBars stuck onto handlebars. The easiest brand of fruit roll to wrap around the bar is Sunkist which contains 70 calories, no fat or protein and 17 grams of carbo in each roll.

Trail putty; blend 1/2 cup of peanut butter with 2 tablespoons of honey, then add about 2 1/2 tablespoons of nonfat dry milk (or 3 1/2 of instant) to make the mixture fairly stiff, knead in 1/2 cup of raisins. Roll into 1" thick, 10" long log. Finally, roll in coconut or powdered chocolate. Chill, slice apart and store the pieces in plastic wrap.

NANOOSE RIDE - Sally Petersen

Eight cyclists from Victoria, two from Duncan and one from Gabriola Island joined Al Lifton and Palle Pedersen on thier ride from Nanoose. A hill to start, then we meandered through lovely quiet country lanes to Coombs for lunch. It was a beautiful day and the ride was enjoyed by all. Well worth doing again. Thanks Al and Palle.

CROSS CANADA TOUR

A brief overview of past tours:

Dennis Parsons

Bert Robinson organized the first tour in 1983. The cyclists were accompanied by doctors and nurses who were to monitor the cyclist's progress. These medics quit somewhere in the Prairies, apparantly because something that would justify their presence just was not happening.

Martin McCready took the next lot across in 1986. Tragically, one of our members was struck and killed by a truck while crossing the Prairies. Martin had to set the precident of carrying on.

Al and Diana Lifton, who met on the 1986 trip and were later married, organized the 1990 trip. It proved to be wet and misurable for much of the way, however, the participants will tell you it was the best yet.

Nobody could be found to lead the 1993 tour until the group reached Banff where Gerry Sutherland took up the reins. This tour was again wet and misurable but try to convince the participants that

misurable but try to convince the participants that they did not have a good time if you can. (ed note: Dennis was the member who got this trip off the ground and led it to Banff)

Felice Bennikou was initially the only member listed to go in 1996. When no other member came forth to lead the trip the Executive asked if she would lead the show. She accepted and after considerable preparation, is now managing the group as they make their way eastward.

All of the above tours received considerable help from those participating on the tour to ensure it's success. What a great endeavour. We look forward with anticipation to reading about the incidents and vignettes on the current tour.

Impressions - Betty Darvell-Jones

When I arrived at my hostess's place in Tsawwassen for the X-Canada tour, my future company for 3 months were all strangers except Joan Enman and Bill Armstrong. My first impressions were of a hot water tap in Felice's house that dispensed boiled water so you could make tea straight from the tap! Ha! now there was a good beginning as I am a tea bag lady. Three charming men put my bike together and I refused to cycle until 'D' day. My education started on May 30th with introductions all the way around and grocery shopping for stocking up the truck. How lovely it was to go out and spend a \$1000 on supplies. So....as I got accustomed to the folks and goings on I felt I was a looker-on in an Agatha Christie mystery. Little did I know. The guests arrived the introductions, the learning to understand each other, becoming human, warm, trusting and patient. Hellos, goodbyes then the day of the take-off. Very successful this year. I put my helmet on frontwards, sunbloc which I now recognize is a different color than shampoo (on the X-America tour I made my mark by using shampoo in lieu of sunbloc and nearly burnt myself to death causing my fellow participants to really wonder what sort of a character they would be spending the next couple of months with). However, that was not so bad as one man I know who used hairspray instead of deodorant and was stiff for a week! So we were off and after surviving a hike up a 11% grade killer hill, we arrived at Wayne's super supper place. Lovely time. During the night 6 trains went thundering through my tent and they continued to do so for the next 10 nights. While at Wayne's, Jim Brett discovered he was missing his bag. The next 3 days were spent looking for it. Jim was very choked because it brought everyone closer like a large warm family. He asked me to write a story on the "Case of the Missing Black Bag" in humorous form and I have (I

will send it in when our pain of his death has subsided).

Now you can see why I told you it felt like an Agatha Christie mystery. My first night of cooking. We were still a bit new and strained so after supper I auctioned off the 2 pasta sauce jars to the men for "Gerzinters" (ask Doc) women use Yo-Go-T containers for "Gerzunders---."

The views are getting more breathtaking every day, beautiful streams, mountains, snowcaps, animals, birds, trees, you name it. "Awesome" or as my grandson says "Wicked."

Our group is a fine mixture of Dutch, Scots, German, Yorkies, Russian and English but all Canadians. The Vancouverites are a strong bunch. Enduring everything in BC is bigger and better, even the dandelions.

We have since left Tom behind or I should say he left us in front. One night we found him chatting up a bunch of Indians at 11 pm after which he decided to go home so the mystery deepens.

The Coquihalla:- I did it, I did it. The uphill seem to go on forever while some downhills feel like up. I guess you have all had the experience. The other night, after an exhausting day, I dreamt I was cycling uphill on a never ending gravel road. I was so tired. Then I remember waking up, turning my sleeping bag around the other way, and from then on it was sweet dreams and all downhill. Don't ask me why!

A few days later I was cycling about 50 kph downhill on the Rogers Pass singing at the top of my voice "Oh my God, Oh my God" when a fly went d-d-down my throat. Jim said "that'll teach yer to keep your mouth shut!"

I get a daily hug from Cathy. Another gal left with a bronchial cough and yet another with a cold. We are now down to 19. The food is excellent and we'll have entertainment by the cooks as we go on. Maybe a joke here or a song there. I have heard the cliffs and rocks sing, it's the wind whistling through them. The cedar kilns burning sawdust smell wonderful. The Columbia river is wonderful, some flooding and silt from the mountains. The wind is still at our backs. I am getting stronger every day, life is fantastic. I have even learned how to spit against the wind and I don't try to avoid the poor ants any more (large black ants on the bike lane).

Coming into camp at Revelstoke we couldn't cross the road because of the chaos of traffic so Christina and I stood until finally I took off my shirt and my black sports bra did the trick. Christina looked at me

as if I was a bit nuts but forgave me afterwards and we felt like "Thelma & Louise". Two wonderful characters when you get them together are Cristina and Sonna. A lot can be learned from these 2 girls. Why did I think of my favourite TV show "The Muppets"? I feel like Kermit.

Well, that's all for this time except for one coffee break when Geoff said to me "where have you been?" and I replied "I've been talking to an old goat." I was, I was actually 1/2 way down the mountain and met up with these 2 goats and stopped to chat and take their picture.

I must say Felice is doing a fantastic job. It's hard work and Al, Robert and Geoff are all giving her a big hand. We are doing well and are a great bunch of bikancers.

KOOTENAY LOOP '96

TOUR A - Joan Thompson
What is "This Bicycle Thing"?

What is it that compels perfectly normal, sane people to get on their bikes and brave the elements of wind, rain, hail and sleet while riding up mountainsides? I asked myself that question *many* times in the first few days of the Kootenay bike tour. According to my diary, it rained every day for the first 5 days of the tour. There's nothing like foul weather to turn a bike trip into a "character building" experience. Martine, for example, in Grand Forks, dazzled us (and the Russians) by speaking to a Cafe owner in Russian and the owner understood her! More wonderfully, Martine understood the reply! On to New Denver, she spoke Japanese to an old Japanese/Canadian fellow and they understood each other! The real "capper" came when she came out of the cook tent to find her own little tent bogged down with hail and everything inside soaking wet. She used the "F" word VERY fluently for the first time in her life, and we ALL understood her!

We were warned that the hills and climbs on this trip would be relentless, and we were not to be disappointed. If the leg muscles were not established before this trip, you can bet they were there in abundance by the time we were finished! For every up-hill grind there was the incredible swift glide down to make up for it. The only problem in this country, was that you had to stop at the top and bundle up so you wouldn't get hypothermia by the time you got down!

Brian seemed to run into trouble (and the back of the truck) a few times. I wonder why he refused the administrations offered by some of the ladies after

he cracked his head open....we were only going to staunch the blood flow with an inner tube patch!

Ingo's "Housing complex" was a delight to all of us. Talk about 'be prepared'! He amazed us with his ability to set up and take down his gear so quickly...or did you get up an hour earlier than the rest of us, Ingo?

Roy usually rode shotgun and came in last, encouraging those just ahead of him with his Robert Service recitations of the "Cremation of Sam McGee". The two lines that stick in my memory are: "And on I went, though the dogs were spent and the grub was getting low:

The trail was bad, and I felt half mad, but I swore I would not give in:"

Those words seemed to describe the conditions and feeling of most of us on those first few wet days, but I'd like to add my own verse.....

"There were strange things done on the 'Kootenay run'

By the bikers, young and old:

Those highway trails have their secret tales
Of those who braved the hail, rain and cold;
We, on our bikes, saw some awesome sights,
But the loveliest we ever did see
Was the day on the edge of the mountain ledge
We conquered the Monashee!

Every rider on a tour creates friendships and friendships create memories and memories are forever! Thanks to you all, for sharing the experience.....and that's what it is isn't it? That's what "This Bicycle Thing" is all about!!

TOUR B - Wendy Pearson

Another wonderful tour. How fortunate I feel to have found a bicycle club like this with so many congenial people to ride and holiday with.

Our tour, led by Jim and Shirley Mae's blend of conviviality, humour and patience followed John Peck's who again did a great job of putting together these tours.

The ominous weather pattern did not have promise of improving, as we started out. Our first two nights were cold and damp which gave our tents a chance to prove their worth, or otherwise.

At Greenwood some pitched tents and some took motel rooms, just as the rain was starting. The motel being the better choice as the rain continued overnight and throughout most of the next day. Some hardy souls rode, and some accompanied the truck. At each camp we devoured reports of the first

tour, contemplating their weather experiences and how they were faring.

Paulson Pass was a fantastic experience, cloudy skies prevailing, very scenic and a great ride down into Castlegar.

Sunshine appeared and temperatures rose, and naturally our spirits too, as we were better able to appreciate the aesthetics of the tour.

Another beautiful day's ride took us from Mirror Lake to New Denver. The mountain pass was gradual and very scenic with sunshine, and snow clad mountains in the distance. Along the riverside the beavers had been exceptionally busy engineering mile after mile of dams and diversions. A few of us took a side trip into Sandon which is an old silver mining town, full of interesting lore and history, well worth the 5 k of uphill unpaved road.

Weather surprises prevailed throughout the remainder of the tour, testing tent erecting skills in squall and rain. The unexpected bunkhouses at Spruce Grove were welcome after another challenging mountain pass. Another fun-filled evening there. We woke to snow, then rain, and abandoned tents in Vernon for a motel with a hot tub.

What a trip this was and what fun we had. Thank you so much Jim and Shirley Mae for your great efforts so much appreciated by us all. Also a big thank you to Donna and Leila for the scrumptious suppers you put on for all of us. We certainly hope, Shirley Mae and Jim, that you will lead more fun-filled adventures.

CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the

Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian Polley vice president, CCCTS.

1996 CCCTS TOURS

Cross Canada - Jun 1 from Vancouver - Sept 15
Felice Bennekou.

The tour is now underway and we will be publishing reports as they travel across the continent.

Bella Coola 1996 - 22 days, July 2 - 23

Coordinators: Al and Diana Lifton

The tour is now under way and we hope to have a report of their experiences in a future Newsbrief.

San Juan Islands - Bob Douglas - 604-435-3893.
11 days, Mon July 22 - Thurs Aug 1.

Camping with a support vehicle. Relatively short rides but some hills. Swimming, sight-seeing and hiking opportunities.

Total estimated cost \$265 (includes the \$15 deposit) is due *June 30th.*, maximum 32

Participants (30): Bob Douglas, Ray Merness, Alex and Anna Markus, Lloyd Smith, David and Virginia Brown, John Peck, Catherine Lynch, Barton Howes, Faye Wilson, Joyce Bowen, Russ Kelley, Rose Tanchak, Mary Yaremovich, Thom Joyce, Josie Zewiec, Eleanor Bannister, Brian Lamb, Olive Balabanov, Victor DePaul, Monty Peters, Fritz Niebisch, Bruno & Cathy Freigang, John Hiza, John Harvie, Zel Harvie, Ed Hardy, Ken Grieve, Theresa Green.

Whistle the Rapids - Barton Howes

604-378-0927 Aug 11 to 30

A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel. Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt, Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$50 upon registering. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: (12) Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks, Margaret Fyfe, Roy Barrows, David Brown, Audrey Hayes, Wendy Caruso, Faye Wilson, Betsy Banich, Thomas Sandor.

Fernie - Waterton - Aug 28 - Sep 10.

Ted Stubbs 604-321-2784.

A 600k camping tour, with support vehicle, starting in Fernie BC. Cost \$300 which is due July 1. The tour will include Waterton Park in Canada and Glacier National Park in the US.

A detailed itinerary is available from Ted Stubbs.

Participants: (33) Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Horst Hees, Ray Merness, Ron & Janice Pickerill, Margaret Hunter, John Hickman, Marion Orser, Bill Hook, Barbara Faulkner, Vikki Bernhardt, Brenda Borron, Bob Forsberg, Theresa & Wendell Green, Bruno & Cathie Freigang, Eleanor Bannister, Ann Miller, Elizabeth & Anker Gram, Joan Engman, Ingo Vanderveer, Betsy Banick, Roy Goodchild, David & Truus Clark, Irene Fleming, Ray Merness.

Western Australia - Sep 15 arrive Perth. Sept 18 leave Perth returning Oct.21; 34 days, 1900 k.

Rae Wohlschlegel 604-592-6680. A van supported tour to take only what can be carried in 4 panniers. Please contact Dan Peach ANZA 1-800-668-6612 re your airline plans.

The \$200 requested Sep/95 is for airlines only and easily returned if not used.

The \$200 requested Jan/96 is mainly for accommodation deposits and required from all participants. Please make all cheques payable to CCCTS and mail them to the office. \$25 is non-refundable if you cancel out of the trip.

Accommodation is either camping, trailers, hostels, or motels/hotels. This tour can be done without tenting and also can be done with almost all tenting. My costs over 10 days for accommodation and food was under \$26/day. Based on this I figure costs on top of airlines and extra tours, etc., will be from \$1000 to \$2000 depending on choices of accommodation and food costs. A detailed itinerary can be obtained from Ray. (Rae will be away from July 1 to Aug 11)

Booked for Sept 15, 16 & 17 at Pacific Motel, 111 Harold St, Mt Lawley, Perth, Western Australia 6050. Phone 09-328-5599, fax 09-328 5268.

Participants: (25) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel, Dennis Parsons, Kathleen & Ray Wilkinson, André Milaire, Irving Weiss, Bob Miller, Keith Bower, Leila Montgomery, Anne-Marie Labourdette, Jean Horrocks, John & Dornacilla Peck, Bobbie Redmond, Brian Badger, Harry Tingley, Myrna Korstrom, Richard Lebek, Janet Perchie.

New Zealand South Island - Nov 29 '96 - Jan 10 '97. Dennis Parsons - 604-995-1291.

A self contained camping, hostel tour.

Ten dollars deposit will cover the costs of communication ie stamps, telephone calls etc. Address all enquiries to the office please. Anza travel Ltd, Vancouver is handling the air travel for some of us and can be contacted at 1-800-668-6612. For the proposed itinerary refer to the June Newsbrief or contact the office. In September further information, courtesy of Monty Peters, will be forwarded to members having payed the \$10 deposit. It will cover

what to take, information regarding handling money orders, exchange etc and what to expect when you get there. Below are listed the interesting people who are going. Perhaps you would like to talk to one another. From a dialogue, know your fellow traveller before you meet. Alter your plans for even better arrangements but be in Christ Church on the 29th of November.

Participants (9) Roger Braziel, Wendell & Theresa Green, Dennis Parsons, Catherine Lynch, Lise Brooks, Sherie Croft, Harry Tingley, Myrna Korstrom.

Arizona - November 9 - 23. Bernice Gregory 604-929-7533.

A motel tour with a support vehicle for emergency use and coffee only. In other words pack your own gear. Cost \$600 with a \$50 non-refundable deposit by Sept 1 and the \$550 balance by Oct 15. The cost does not include airfare (American airlines has a direct flight from Vancouver for a little over \$300 Can) nor does it include meals other than at the Biosphere.

Bernice, in her normal efficient manner, has all but guaranteed good weather for this historically popular Club tour. She will forward a letter to participants advising them of details of the trip on receipt of their \$50 deposit.

Participants (30): Bernice Gregory, Norma Sinclair, Doc Watson, Jack Sheppard, Barbara Faulkner, William Hook, Margot & Ivan Paravan, Robert & Betty Jean McHugh, Mary Whyte, Sally Svensson, Keith Davey, Pat & Don Gowing, Barbara Hetzer, Betsy Banich, Hans Krueger, Dorothy Kennedy, Shirley Fisher, Katryn Jeronimus, Rowan Ley, Jean Lichtenwald, Helen Goodchild,, Andre & Frieda Kaufmann, Bruno & Cathie Friegang, Roy Goodchild, Leo Comeau

Waiting list (11) Mo & Ann Aller, Ken Grieve, Brian Badger, Mel & Bette Kerr,, Wendy Caruso, Tamas Sandor., Art Borron, Eleanor Bannister, Sylvia Bailey.

Editor's note: Due to the interest shown in this tour Bernice is considering a second tour in March. If there is anyone interested in going in March in lieu of November please let Bernice (or the office) know. We will not delete any names until we are

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Bill Hook 604-595-4315

A hotel and restaurant tour of the Big Island. Limit 16. Cost approximately \$1600 plus food. \$10 by August 1 to keep your name on the list. \$200 by October 15 and the balance by Nov 15.

The planned itinerary for the 1997 tour will be published in next month's Newsbrief.

Participants (12): Bill Hook, Barbara Faulkner, Jack Sheppard, Dennis Parsons, Bruno & Cathie Friegang, Frank Jacobsen, Bruce Howe, Ann Howe, Wendy Pearson, Doug White, Jack Wilcockson.

Toppenish, Washington - May 13 - 22

Dan Barris 509-865-231x5

Forget about moving your tent each night. Stay at a modern Indian RV Park and campground with a heated swimming pool, showers, washers and dryers, conference room etc. Included is a two day winery tour with a night at a motel. It's a nice 2 day ride even if you don't like wine. Transportation will be needed for some of the other 8 days but there should be plenty available if you arrive by public transportation. At least 3 meals will be provided so you are mostly on your own for food. The rides include desert, farmland, rivers, lakes and mountain passes. Most rides will be within 50 miles with alternatives provided for a couple of rides that are longer. There is a golf course about 3 miles away.

Estimated costs in US dollars, including the night of the 12th: Camping - \$110 ; RV double occupancy - \$270; Teepees (5 or more per teepee) - \$180 per person; motel double occupancy \$400 per person. If you stay part of the time, out of pocket costs plus any surplus, will be refunded.

Limited to 50 members - please note the type of facility you will want, particularly if you want to stay at a motel so I can get the best rate.

Denmark/Norway/Sweden - June 1997

Rolf Petersen 604-384-6804, maximum 18

This will be a self-contained tour (no support vehicle) staying at hostels. The tour will start and finish in Copenhagen 30 days later. The route will take us through Denmark for 14 days, by ship to Oslo, Norway. Spend 2 days there, cycle down the west coast of Sweden through Goteborg, by ship to Elsinore and back to Copenhagen. The daily cost for accommodations, including breakfast (lunch and dinner not included), is expected to be around \$40. Ferry costs an additional \$150. Participants to make their own travel arrangements from Canada to Copenhagen. A non-refundable \$100 deposit payable to CCCTS is requested by Jan 1, 1997.

Participants: (18) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Robert Miller, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Josie Zewiec, John Peck, Sally Petersen, Emil Jensen, Marg Hunter, John Hickman, Richard Lebek, Theresa Green.

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Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

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- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

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Victoria:

- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 995-1291 or Carl Dukeshire (Duke) 658-2696.

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- **Thursdays:** Doc Watson (477-0476) will lead Victoria members wishing to participate in the Ladner Thursday ride.

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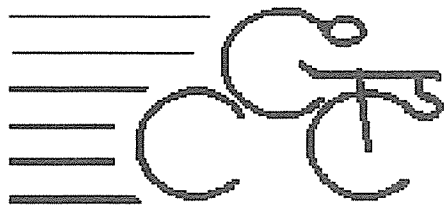
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Ray intends to start a 16 day tour for 6 cyclists at Vendome, 140k southwest of Paris, and cycle through the wine country to the Spanish border. He advises that there could be 2 groups going so has obviously had a good response. If interested contact him at RR1 PO Box # Jolly 14, Halfmoon Bay BC V5Z 3K3 or phone 604-885-4506. Do not contact the office.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 13 No. 8

Aug 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112
http://www.vcn.bc.ca/cccts/ E-mail:cccts@vcn.bc.ca

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Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office Manager	Marion Orser	520-7636
The Island	Horst Hees	389-1152
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

1996 CCCTS COMING & NEW EVENTS

SEPTEMBER:

Slide Show; Janice & Ron Pickerill are showing slides of their European tours at the Vancouver Bike Club meeting at 6th & Collingwood, Vancouver, Sept 26th, 8 - 9 pm. For information phone Marion Orser 520-7636

NOVEMBER:

Annual General Meeting and same day Banquet & Dance - Thursday, Nov 21.

DECEMBER:

Victoria Christmas Party, December 6.

PRESIDENT'S CORNER

Editor's note: Your Directors decided to take a month off and skip the monthly meeting for August. As a result I have not seen or talked to Ted since

early July. I did phone him and found out that he was galivanting somewhere around the Province and had apparently neglected his duties of preparing a report for this month's epistle. I am sure he would mention that he hoped you all have enjoyed the good weather (if you had good weather - we did) and would wish you happy cycling so I will be presumptuous and do that for him. Happy cycling.

EDITOR'S NOTEBOOK

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

And so it goes on. I have graduated from a wrist brace to a "skateboard cast" (a wrist and thumb cast). The good news is that it might only be for 6 weeks. The bad news is that it might be for 12 weeks as after an x-ray and bone scan they still haven't isolated the problem. Next on the agenda is a CT scan. In any event it greatly restricts both my typing and riding capabilities. My advice to all is: 'think twice before taking up roller blading and if you do, make sure you have the very best safety equipment.'

NEW MEMBERS

Welcome to the following new members:

Shirley Roddick & Tom Popovich
3432 58th Ave, Calgary, Alta

Guy Hirsch
Box 621 Greenwood, BC
604-445-6516

John & Heather Watt
11303 Tern Place, Sidney, BC
604-656-9646

that for a Stephen King plot! Cheers for now, Betty.

Editor's note: This edition was apparently sent to a local bicycle club paper and Gerry Sutherland obtained a copy from them and forwarded it to us. As sometimes happens in faxing material, the last 2 - 3 characters were dropped from each line so I had to do some guessing as to content.

BELLA COOLA SUMMER 96 - Judy Jackson

Under the as usual well-organized leadership of the Liftons, the trip was a success. They did not do a great job of ordering the best weather for the first few days (Duffy Lake was mighty cold), but once it started to warm up our tans flourished.

There were only 8 of us and each cooking team of 2 took turns driving the van and shopping. With 2 bike racks which could carry 4 bikes each, and the van able to take all who wished to ride for whatever reason, we concluded that it was a great way to go. If it was too hilly, too hot, too gravelly, too rainy etc. we had the option of just hopping in the van.---- and some of us did that more than others.

The Pavillion - Kelly Lake cross-over was very interesting --- hilly, gravelly and scenic. It was more than even strong Leila cared to do after she gave it a good try but got too hot. Only Bruce, Frank and Peter persevered and cycled it all, though Peter limped in with a flat tire at the end.

On our rest day at 100 Mile House, Leila and I decided to go for a nice hike in the afternoon as the sky seemed to be clearing in the west. By the time we came out of the woods to the open ranch fields, a big thunder and lightning storm was upon us. The cattle dashed in one direction and we in the other towards a feedlot shelter. Leila, who had not taken her rain gear, advised "keep those legs moving!" We finally made a dash to the barn where the rancher welcomed us to come in and get warm. He opened a door from the barn which we thought would open to another stall, but were suprised to enter a beautiful adjoining pinewood living area. One of the ranch hands kindly drove us the remaining mile or so to our campsite after the storm had abated. Surviving that --- without getting hit by lightning bolts --- we considered one of the highlights of the trip!

Out of Williams Lake were two BIG hills before we were up on the Chilcotin plateau where there were many beautiful lakes --- but --- spring was late and so were the hungry mosquitoes. They took the fun out of camping for some of us!

We all anticipated the famous or infamous Bella Coola "Hill". It is about 10k of 18% grade with multi hairpin turns, narrow and no guard rails. Fortunately none of us cycled it despite Bruce wanting to, but no doubt he too realized it was best that he didn't. We could smell the van's brakes --- imagine what it would have done to the bike's brakes!

The 11 hour ferry ride from Bella Coola to Port Hardy included a stop at the almost ghost town of Ocean Falls where we could take either our own walking tour or go with a guide. It is somewhat depressing to see the abandoned buildings and vehicles etc.

Frank left us at Port Hardy so no more pork chops after that! Emidea put on a wonderful spread for us at Nimpkish. which was much appreciated. The final day's ride of 75k from Deep Bay to Nanaimo was such a contrast from last year's pouring rain. This year it was hot and sunny. Thank-you Diana and Al for another enjoyable trip.

As a bit of follow-up to the trip, the day after I arrived home, I met a friend from Phoenix who arrived for 5 days of kayaking on Clayoquot Sound. She was very worried about the possibility of rain and cold weather as they only get 7 inches a year on average. She was most impressed that the only marred weather we had was a day when gale-force winds forced us off the water after an hour out.

When kayaking was over, I retraced our bicycle route by car from North Vancouver to Clinton then back down the Fraser Canyon and again she was most impressed with our beautiful province. A highlight for her was having a family of 3 loons put on a show outside her tent on Kelly Lake.

CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip

itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian Polley vice president, CCCTS.

1996 CCCTS TOURS

Cross Canada - Jun 1 from Vancouver - Sept 15
Felice Bennekou.

The tour is now underway and we will be publishing reports as they travel across the continent.

Whistle the Rapids - Barton Howes
604-378-0927 Aug 11 to 30

This tour is now under way.

Fernie - Waterton - Aug 28 - Sep 10.
Ted Stubbs 604-321-2784.

A 600k camping tour, with support vehicle, starting in Fernie BC. Cost \$300 which is due July 1. The tour will include Waterton Park in Canada and Glacier National Park in the US.

A detailed itinerary is available from Ted Stubbs.

Participants: (26) Ted & Pat Stubbs, Horst Hees, Ray Merness, Ron & Janice Pickerill, Margaret Hunter, John Hickman, Marion Orser, Bill Hook, Barbara Faulkner, Vikki Bernhardt, Bob Forsberg, Theresa & Wendell Green, Eleanor Bannister, Ann Miller, Elizabeth & Anker Gram, Joan Engman, Ingo Vanderveer Roy Goodchild, David & Truus Clark, Irene Fleming, Martine Donahue.

Western Australia - Sep 15 arrive Perth. Sept 18 leave Perth returning Oct.21; 34 days, 1900 k.

Rae Wohlschlegel 604-592-6680. A van supported tour to take only what can be carried in 4 panniers. Please contact Dan Peach ANZA 1-800-668-6612 re your airline plans.

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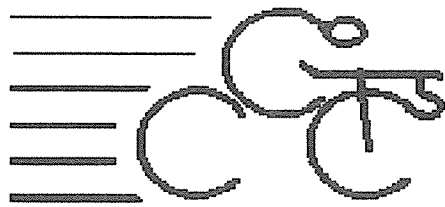
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The Island	Horst Hees	389-1152
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

significant roll in their success but nothing can deter the spirit of our members. It was fascinating to read what I said in last month's Newsbrief - thanks Rowan, you read my lips perfectly!

The more I travel and see the wonders of this great province of ours the greater is my desire to travel more!

I hope the participants in the Cross Canada tour were not caught in the severe storm that hammered the east coast about the same time as they wound up their trip and that they are all well and relaxing from their long and trying journey

On our last tour Martine tried playing Hop Scotch coming down a steep trail in Waterton Park and fell and broke her leg. That's not quite true, but she did slip on the loose gravel and had to be taken to the hospital in Cardston, then transferred to Calgary and then transferred to Vancouver. Get well quickly Martine.

EDITOR'S NOTEBOOK

A special thanks to Mary Eickhoff for preparing the labels for this issue (and next) and affixing the labels on the envelopes. This was done as John (Peck), who usually does this function, has taken off for the southern hemisphere to ride around Australia and way points. Thank-you Mary.

I heard somewhere that there were 66 enthusiastic members at the Club's annual picnic in Delta.

LETTERS TO THE EDITOR

I have recently returned from my second great cycle trip. But during the last few days of the trip my mouth and throat became progressively dry to the point of becoming very uncomfortable and near gagging. I understand that others have had the same problem. I, and possibly others, would appreciate it

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This tour will be under way by the time you read this issue. We wish them happy cycling under sunny skies.

New Zealand South Island - Nov 29 '96 - Jan 10 '97. Dennis Parsons - 604-995-1291.

A self contained camping, hostel tour. \$10 deposit. Address all enquiries to the office please. Anza travel Ltd, Vancouver is handling the air travel for some of us and can be contacted at 1-800-668-6612. A list of suggestions has been mailed to participants. We will stay the first few days at the Dreamland (Backpackers) at 21 - 23 Packe St which is off Beasley St. You may want to hire a van to deliver you from the airport or, discarding your bike box, assemble your bike for an easy 14k ride into town. I arrive in Christchurch at 1315 on Nov 29 and my itinerary has me leaving Auckland Jan 21, arriving Raratonga on Jan 20. Leaving Raratonga on Jan 27 and arriving Honolulu Jan 28 to join Bill Hook's Hawaii tour. Harry and Myrna are joining me on this itinerary. I will be available to all participants who join and stay with me or you might want to make up your own itinerary. We're all in this together so get in contact with each other. If you are in the Vancouver area contact Teresa Green. See you in Christchurch.

Participants (12) Roger Braziel, Wendell & Theresa Green, Dennis Parsons, Catherine Lynch, Lise Brooks, Sherie Croft, Harry Tingley, Myrna Korstrom, Alec Vennos, Gerhard Hirsch, Joyce Bowen.

Editor's note: Dennis is on tour until the NZ tour starts in Christchurch. He can be contacted on Oct 1 at Pacific Motel, 111 Harold St, Mt Langley, Perth, WA 6050 ; Tel 09-328-5599; fx 5268

Arizona - November 9 - 23. Bernice Gregory 604-929-7533.

A motel tour with a support vehicle for emergency use and coffee only. In other words pack your own gear. Cost \$600 with a \$50 non-refundable deposit by Sept 1 and the \$550 balance by Oct 15. The cost does not include airfare (America West airlines has a direct flight from Vancouver for a little over \$300 Can) nor does it include meals.

Bernice, in her normal efficient manner, has all but guaranteed good weather for this historically popular Club tour. She will forward a letter to participants advising them of details of the trip on receipt of their \$50 deposit.

Participants (32): Bernice Gregory, Norma Sinclair, Doc Watson, Jack Sheppard, Barbara Faulkner, William Hook, Robert & Betty Jean McHugh, Mary Whyte, Sally Svensson, Keith Davey, Barbara Hetzer, Betsy Banich, Hans Krueger, Dorothy Kennedy, Shirley Fisher, Katryn Jeronimus, Rowan Ley, Jean Lichtenwald, Helen Goodchild, Bruno & Cathie Friegang, Roy Goodchild, Bette Kerr, Wendy Caruso, Tamas Sandor., Art Borron, Eleanor Bannister, Sylvia Bailey, Albert Redford, Fritz Niebisch, Al Hollinger.

Waiting list: (1) Ken Grieve

STAY AT HOME 6 DAY BICYCLE TOUR Sept 22-27 Rain & Shine

Registration: Show up, Come one, Come all

Time: 10 a.m. except Sun, Mon & Wed

Food: Brown Bag It

Transportation: Carpool or bicycle

Accommodation: Your own sweet bed

Sun Sep 22, Delta-New Westminster Quay by Mary Eickhoff, 535-2513. Cars at: Town & Country Inn, Jct. Hwy. 99 & River Rd, Delta. Meet at 9:30 am. Note, lunch options available at quay market; some trail options.

Mon Sep 23, Pender Island by Al Hollinger, 946-1347. Cars at: Al's place, Community Ctrs, Ladner or Tsawwassen. Ferry leaves at 10:20 am.

Tue Sep 24, Ft. Langley-Mission by Bob Douglas, 435-3893. Cars at: Ft. Langley Museum parking lot, turn right off Main St.

Wed Sep 25, Brackendale by Bernice Gregory, 929-7533. Cars at: Garibaldi Shopping Ctr, 3 km past Squamish. Meet at 11 am.

Allow 1-1/2 hrs travel time from the Valley.

Thu Sep 26, City Sightseeing by John Hathaway, 421-7704. Cars at: street, Swedish Manor, 1112 Duthie ave, Burnaby. (and/or, European Tour Slide Show by Janice & Ron Pickerill, 8-9 pm at Vancouver Bicycle Club meeting, 6th &

Collingwood in school gym - see also Aug Newsbrief item).

Fri Sep 27, Sumas-Silver Lake by Shirley Fisher, 255-0087. Cars at: Chum Cafe on Hwy 11 between Abbotsford & Sumas.

1997 CCCTS TOURS

Hawaii - The Big Island -Jan 29 - Feb 12
Bill Hook 604-595-4315

A hotel and restaurant tour of the Big Island. Limit 16. Cost approximately \$1600 plus food. \$10 by August 1 to keep your name on the list. \$200 by October 15 and the balance by Nov 15.

The planned itinerary for the 1997 tour will be published in next month's Newsbrief.

Participants (10): Bill Hook, Barbara Faulkner, Jack Sheppard, Dennis Parsons, Bruno & Cathie Friegang, Frank Jacobsen, Wendy Pearson, Doug White, Bruce Ross.

Baja - 1997; Feb/Mar

Barton Howes 604-378-0927

Barton and Faye will be researching this beautiful peninsula for a Feb/Mar tour, or part thereof, starting from San Diego. If you are seriously interested, sign up. A deposit will be asked for in December when costs can be determined: For 24 people - \$1300 Canadian each. Transportation to and from is extra.

Toppenish, Washington -May 13 - 22

Dan Baris 509-865-231x5

Forget about moving your tent each night. Stay at a modern Indian RV Park and campground with a heated swimming pool, showers, washers and dryers, conference room etc. Included is a two day winery tour with a night at a motel. While 3 meals will be provided, you are mostly on your own for food. The rides include desert, farmland, rivers, lakes and mountain passes. Most rides will be within 50 miles. Estimated costs in US dollars, including the night of the 12th: Camping - \$110 ; RV double occupancy - \$270; Teepees (5 or more per teepee) - \$180 per person; motel double occupancy \$400 per person.

Limited to 50 members - please note the type of facility you will want, particularly if you want to stay at a motel so I can get the best rate.

Participants: (6) Jeran Horrocks, Stan Pollard, Daphne Pollard, Dennis Parsons, Rae Wohlschlegel, Bruce Ross.

Denmark/Norway/Sweden - June 1997

Rolf Petersen 604-384-6804, maximum 18

This will be a self-contained tour (no support vehicle) staying at hostels. The tour will start and finish in Copenhagen 30 days later. The route will

take us through Denmark for 14 days, by ship to Oslo, Norway. Spend 2 days there, cycle down the west coast of Sweden through Goteborg, by ship to Elsinore and back to Copenhagen. The daily cost for accommodations, including breakfast (lunch and dinner not included), is expected to be around \$40. Ferry costs an additional \$150. Participants to make their own travel arrangements from Canada to Copenhagen. A non-refundable \$100 deposit payable to CCCTS is requested by Jan 1, 1997.

Participants: (18) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Robert Miller, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Josie Zewiec, John Peck, Sally Petersen, Emil Jensen, Marg Hunter, John Hickman, Richard Lebek, Theresa Green.

Waiting list (15); Wendell Green, Carl & Joyce Dukeshire, Peter & Chris Kabel, Dan & Jerry Baris, Sylvia Mather, Glen & Jean Smith, Sylvia Bailey, Wendy Pearson, Eleanor Bannister, Roy & Helen Goodchild, Dennis Parsons.

VANCOUVER WEEKLY RIDES

Sundays: Meet at 10 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie).

Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Tuesdays/Thursdays: Meet at the Community Centre in Ladner at 10 am. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY RIDES

Victoria:

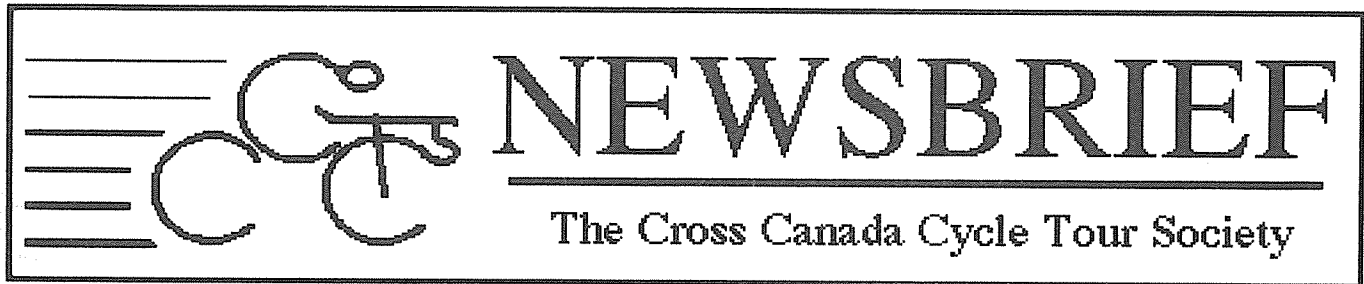
- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 995-1291 or Carl Dukeshire (Duke) 658-2696.

- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

- **Thursdays:** Doc Watson (477-0476) will lead Victoria members wishing to participate in the Ladner Thursday ride.

Nanoose/Parksville

- **Thursday:** Meet at 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696



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Oct 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112
<http://www.vcn.bc.ca/cccts/> E-mail: cccts@vcn.bc.ca

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	730-0794
Membership	John Peck	538-0195
Social Convener	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office Manager	Marion Orser	520-7636
The Island	Horst Hees	389-1152
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

The Club's AGM and Banquet are almost upon us. We need as many as possible to attend so please check your calendar and come if possible. It is always a happy time reminiscing about past trips and past experiences with the truth sometimes being the loser.

Prospective leaders, don't forget to bring details of proposed 1997 tours to the AGM. We also appreciate participants of 1996 tours to bring pictures of their tours to the Banquet.

We haven't heard from Rae, who is leading the Western Australia tour, but we have received word that all seems to be well as they enjoy the warmth and wonders of the Perth area.

EDITOR'S NOTEBOOK

Last year Leo Comeau kept us apprised of how our Club members performed in the BC Senior Games. This year we have heard nothing except for the great tribute to Eva Folk by the renowned poet, Mr Anon. Thank you Mr Anon we are indeed honoured to publish your works in this Newsbrief. If any other Club members participated in the Senior Games we would like to hear from you regardless in which sport you partook. Who knows we might be able to persuade Mr Anon to write another tribute!

Speaking of members activities has anyone heard from Ray Merness about his French tour? We really would like to hear from you Ray.

On October 19th the telephone area code for BC is being expanded. The lower mainland, which includes the Sunshine Coast and Hope, will remain 604 while all other areas in the province will be changed to 250. A revised telephone list will be published shortly.

1996 CCCTS COMING & NEW EVENTS

NOVEMBER:

Annual General Meeting and same day Banquet & Dance - Thursday, Nov 21.

DECEMBER:

Victoria Christmas Party, December 6 at Columbo's Restaurant.

PRESIDENT'S CORNER

The just completed "Stay-at-home" tours, blessed with great weather, were an unqualified success. The varied terrain in the lower mainland gives us abundant cycling choices for different spots to visit.

Our cycle contingent in Ottawa is very much alive and growing in numbers. They receive the minutes of our local board meetings as do the members in Calgary.

ODDS 'N ENDS

Have you ever had a discussion (or argument) about whether bicycles should share the road with cars? If you have, here is some additional ammunition for future discussions:

Many people believe that motor vehicle taxes pay for roads, implying that users of other travel modes don't pay their fair share. Wrong! According to a recent study, 'Whose Roads', bicyclists pay more road costs per mile of travel than automobile users. The relative contributions and cost per mile of various forms of transport are compared and the equity of each mode is discussed.

A copy of the report can be obtained from the Victoria Transport Policy Institute for \$12. For more information write or fax 1250 Rudlin St, Victoria, BC; phone and fax: 604-360-1560.

CROSS CANADA TOUR

Imagine a golf club in the middle of 1100 acres! With an old weathered timber shack (the golf club). This was somewhere in Canada (Yorkton). We were tired, cold and wet as we cycled about 5k on a rough gravel road into this back of beyond after riding 105k during the day (actually we have only had 12 days on which it rained during the whole trip). The event of this day was the farmer, golf club owner, cattle raiser and wheat man all in one. A rich and very earthy guy, I'll call him "Mac". Mac was full of local stories and jokes but his biggest joke was the beer - he wasn't licenced! All the beer was kept upstairs in the bedrooms in coke machines. The Pepsi machine held Labats and the Cola held Morgans! You'd order your beer and he'd disappear upstairs when he got a few orders. He asked me to come up with him but I politely refused. He drove us all out the following day in a huge truck with all of our bikes aboard. We used a step ladder to get them up on the truck!

Time passes quickly! What happened to Winnipeg, Thunder Bay, Atikokan, Montreal? I remember the festival in Winnipeg. The sleeping giant rock in Thunder Bay. In Montreal most of us walked from the hostel to the top of Mount Royal. I remember ordering a cider in a French pub and getting soda. "You say cider and I say soda". "You say tomato and I say tomahto". Doing a pub crawl while staying at a hostel, we got turned down from one dive. The strong man at the secret door said "this is for students only." Well, did we look as if we were wearing hearing aids! I think he meant we might not like the loud music. So we carried on.

Some of the marked lanes on the roads are poor or absent and there are some extreme drivers on these roads which can be scary. There are drivers who

give you 1/2 an inch and others who give you 2 inches. Quebec City was a highlight on our trip. We all lived it up combing "The Plains of Abraham", watching the sailboats prepare for their big race to France. The Cathedral Frontnac. Mimes. Then on to cycling hard gruelling, grinding grades, hills through the Charlevoix Region, a continuation of the Laurentides, all the way the ferry, for the Maritime venture.

Tent up! Tent down! Morning mists; sunsets; chain cleaning; sleep; cooking; joking; midnight pees; mosquitoes; wet clothes; wet tents; aching knees; talks' new members; old ones leaving; sunrise; soft grass for lunches; trees; wild flowers; swims; hot showers; afternoon tea in French restaurants; ice cream; more ferries; donuts; comforting & encouraging people; lobsters; seaweed; immense rocks; sleeping on the beach; beer; spinach salad; raisins in the porridge (ugh!); fires and marshmallows; the good with the bad, what a wonderful life for us recycled teenagers

Joan going downhill with a bee in her bonnet (helmet), literally. Bill walking across the field to his tent in an early morning daze with the coffee pot. Alex - "hey man where are you going with that bloody thing. Bring it back, what do you think it is, a lantern!" David's amused smile when he goes into an educational performance about a certain rock the men are leaning against. "Do you realize this cliff is over three million years old and the fossils are buried here in their thousands?" He then adds a string of highly technical names and places when a voice pipes up "all I want is to pee!" Me falling off my bike in a sand dune in the dark, getting on and falling off on the other side, and not even a drink yet! Now we are in New Brunswick! Now we are in Nova Scotia! Now Cape Breton Island, where is the time going? I don't want it to end. What will I do when it does? Inverness - The Cabot Trail?

These Newfies are worse than the B..... Welsh (I'm Welsh). They watch us climb the hills with a certain smugness on their faces. But we are hardened. We do it and earn a certain respect wherever we go. The people are very warm and humorous. I am coming down vast hills. I don't yell "Oh my God! Oh my God!" I am now going down, sometimes at over 50k and yelling "Yes! Yes! Yes!" What a performance!! There are signs which say "Visit the Distillery" and "Visit the Falls." Where are they? We never found them or saw them. A distillery? I think it is a Newfie mist!

Now our trip is coming to an end, we have only 12 days left. I would like to thank my many new friends for making my trip pleasurable. To Cathy for her hugs; Joan for her guidance; Marthe for

We cycled over the continental divide and the Crow'snest Pass almost unaware of its presence for the Pass itself is only 1396 m. The surrounding countryside held a special beauty which we could thoroughly enjoy as ours was a downhill ride with the wind behind us. Some visited the Frank Slide Interpretative Centre which provides an excellent historical display of life in the early coal mining days and how the hardships were met and conquered (with the help of rum-runners). The program "In the Mountains Shadow" vividly described the Frank rockslide of 1903 and other disastrous mining explosions. Recalling the program, made the recent Sparwood rockslide more frightening in the knowledge that nature still remains uncontrolled. Other cyclist chose to fight the wind to view the beauty of Beauvas Lake. As the temperature roched a Shell station appeared like a mirage offering 22 flavours of ice cream - life is good! On to Pincher Creek's Sleepy Hallow campground (a misnomer for those who were awakened at 2 am by a late camper building a fire!). Would you believe a delicious Indonesian supper was ours that evening? The culinary skills were created by Truus with David and Vikkie in the labour-intensive area.

The following day was a challenge in cycling for the winds of Waterton blew their hardest - Lord, but it's hard to cycle forward when those winds present an equal force against your endeavors. But our hearts revived as Martine cycled through the Park gates within a few minutes of the rest of us to receive our hearty congratulatory shouts.

Club Columbus, a youth camp well worn by the many young folk it had sheltered, became our home for the next 2 days. For David and Truus, it was a time to "pop" the champagne and celebrate a 12th wedding anniversary amongst cycle friends. Great food, good company, and a lustful singsong brought out the best in even the most modest of cyclists.

Hiking became the order of our Waterton days. The Bears Hump offered a magnificent panoramic view of Waterton townsite and the surrounding mountains. We watched as the windsurfers skilfully showed how the Waterton winds should be conquered. Then, after ice cream and lunch, it was a long climb to Bertha Lake beginning on Ted's yet-to-be surveyed bushwacking route.

For others, the choice hike was to Crypt Lake - a boat ride across Upper Waterton Lake, waterfalls, a 60 foot rock tunnel, arriving on a scary ledge and you've gained 2300 feet in elevation.

Did we see bears? Of course, a mother and 2 cubs, also 2 white-tailed deer with antlers still in velvet.

We also had coffee at the historic Prince of Wales with a spectacular view of the Waterton Lakes, the village, and the surrounding mountains.

The next day a few of us cycled the Red Rock Parkway which meanders over rolling prairie ending in the strikingly red coloured rocks and the cascading creeks of the Red Rock Canyon. Sadly, our experiences were not Martine's. She, who had given up the first day's hiking to prepare her favourite meal for us, was hiking the Bear's Hump when she fell and broke ankle bones. Through the kindness of strangers she was assisted in her trip home. Martine, we missed you all through the tour and hope you're healing well. Through our concern for Martine, we overlooked Margaret's fall on the same hike and the back pain which eventually prevented her from cycling for the remainder of the tour. Another ruined goal! Next day, it was gear shifting for the "ups and downs" of Highway 6. We lunched on a high knoll facing Chief Mountain. How lucky can we be? Then on to the USA, Glacier National Park and Rising Sun campground. Our good luck ran out and the rain came down! The following day a vote was taken whether to proceed immediately up the Going-to-the-Sun Highway and do the Logan Pass or delay for a day hoping for better conditions. The "Go-for-its" won and up to the 6664 foot summit of Logan Pass we went - cloud all around us. The climb was moderate with most doing it in second gear and there was little traffic on the narrow winding road. Alpine flowers were unbelievable - they were so plentiful and colours so clear and bright. Gaining the top, we found the Interpretative Centre to be excellent - pictorially, books, posters, and a naturalist to answer our questions.

For most, the long cycle down was dramatic. The Weeping wall sprayed our path. The views were majestic --- high falls, especially 'Bird Woman Falls,' took our breath away --- glacial carved alpine peaks. And when we reached the base, we could look back up at the road we had just cycled. Hard to Believe!

The rain caught up to us and we were well soaked as we cycled into Sprague Creek campsite to find Ray had hot coffee waiting for us. Thanks Ray, it was well appreciated. Our next day off was a wet one but it's hard to have a "downer" when you've cycled the Logan Pass. We revelled in the clear blue waters of Lake McDonald (the Indians called it "Sacred Dancing Water") --- we had coffee and cinnamon buns and then we warmed ourselves by the huge fireplace in the Lake McDonald Lodge. Later that evening we took in the naturalist's talk on wild life and walked home in pitch black darkness.

The sun shone again (Ted must have a secret connection with powers above) as we headed through West Glacier and on to Whitefish Lake State Park. The swimming looked too muddy for us lagards but Ann and Marion took a plunge. Our happiness was found in the warm running water straight from the tap! Sleep that evening was punctuated by the frequent trains which seemed to roar in and out of our tents all night.

North Dickey lake on our next cycle stop was lovely with spacious campsites and a perfect - although chilly - swimming lake. A delicious curried chicken supper (Bill's speciality) and a large campfire for the evening promoted tales of passed achievements and a warmth for growing friendships.

The next day, we cycled through apparently deserted villages steeped in history, passed prairies where the Indians had grown tobacco for medicinal uses, and on to the essential duty-free stop. We crossed the border at Roosville continuing to one of BC's many beautiful campgrounds, Kikomun Creek on Lake Kooacanusa.

Our last supper gave us the opportunity to toast Pat and Ted. Bill expressed all our appreciation for their endeavors to make this tour so memorable. He also noted what a great group of cyclists this tour had - we all seemed to work and play with equal enthusiasm --- but then isn't that the code for being a CCCTS member?

Joan Engman

**TUESDAY - THURSDAY RIDE
MONTHLY DINNER - Martin McCready**

At our monthly dinners at Ladner for the Tuesday - Thursday riders, we usually honour those who have birthdays during the month and any other special occasion that comes up. This month in September, we were joined by Bobbie Redmond from Ottawa who was staying with Marj Murphy in Ladner and will be leaving on the Australian tour. We also had Leila Montgomery from Nelson who is also going on the same tour. It is nice to have fellow club members join us for dinner and to socialize with us. Alyce McKay was our only birthday girl and she took on the job of blowing out the candles herself. Eva Folk also came back from the B.C. Senior games and won four medals for swimming - two gold, a silver, and a bronze. It was a great accomplishment and Eva accepted the plaudits from the members. Our leader, Al Hollinger, presented Eva with a bouquet of flowers. On many occasions, Eva usually writes a little poem to commemorate the event. It was felt Eva should also have a poem and Mr. Anon who was having dinner with us agreed to write a poem for Eva. As we all know, Mr. Anon is

a very prolific poet having authored thousands of poems. His tribute to Eva appears below:

Ode to Eva Folk - On her achievement at the Senior Games

From the little town of Kamloops
Amid the mountains of B.C.
Comes this tale of triumph
As wondrous as can be.

The Finest of the Fittest
Had gathered for the Games
But who had won the laurels?
Please tell us all their names.

Eva had entered swimming
A rather gruelling event,
A race of heroic proportions
Is really what I meant.

All contestants strong and lean
Without an ounce of fat.
With Eva new to this watery sport
And a prairie girl at that.

But with gritted teeth and girlish pride
She stood confident in place.
And when the starting signal rang
Showed she's here to race.

This little girl from Plunkett
Beat out all the rest.
With steady stroke and lightning speed
Proved she was the best.

Our cheers resounded 'round the pool
And all our tears flowed free.
It was the most momentous sight
That we shall ever see.

And when the day was over
And this story finally told,
Eva garnered four awards
A bronze, a silver, and two of gold.

So bravo to you, little friend,
From all your biking crowd,
Those dangling medals on your chest
Have really made us proud.

Anon

CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be

registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian Polley vice president, CCCTS.

1996 CCCTS TOURS

Western Australia - Sep 15 arrive Perth. Sept 18 leave Perth returning Oct.21; 34 days, 1900 k.a
This tour is under way. We wish them happy cycling under sunny skies.

New Zealand South Island - Nov 29 '96 - Jan 10 '97. Dennis Parsons - 604-995-1291.

A self contained camping, hostel tour. Address all enquiries to the office please. Anza travel Ltd, Vancouver is handling the air travel for some of the participants and can be contacted at 1-800-668-6612. Participants (12) Roger Braziel, Wendell & Theresa Green, Dennis Parsons, Catherine Lynch, Lise Brooks, Sherie Croft, Harry Tingley, Myrna Korstrom, Alec Vennos, Gerhard Hirsch, Joyce Bowen.

Arizona - November 9 - 23. Bernice Gregory 604-929-7533.

A motel tour with a support vehicle for emergency use and coffee only. In other words pack your own gear. Cost \$600 with a \$50 non-refundable deposit by Sept 1 and the \$550 balance by Oct 15. The cost does not include airfare nor does it include meals. Bernice will forward a letter to participants advising them of details of the trip on receipt of their \$50 deposit.

Participants (30): Bernice Gregory, Norma Sinclair, Doc Watson, Jack Sheppard, Barbara Faulkner, William Hook, Robert & Betty Jean McHugh, Mary Whyte, Sally Svensson, Keith Davey, Barbara Hetzer, Betsy Banich, Hans Krueger, Dorothy Kennedy, Shirley Fisher, Katryn Jeronimus, Rowan Ley, Jean Lichtenwald, Helen Goodchild, Roy Goodchild, Bette Kerr, Wendy Caruso, Tamas Sandor., Art Borron, Sylvia Bailey, Fritz Niebisch, Al Hollinger, Ken Grieve, Bill Hannan.

Editor's note: Folks flying on the special package arranged by Bernice must take

'proof of belonging to CCCTS' to get free passage for their bicycles.

1997 CCCTS TOURS

Hawaii - The Big Island - Jan 29 - Feb 12

Bill Hook 604-595-4315

A hotel and restaurant tour of the Big Island. Limit 16. Cost approximately \$1600 plus food. \$10 to keep your name on the list. \$200 by October 15 and the balance by Nov 15.

Itinerary: Fly into Kona, enjoy a beautiful sunset. Next day we will explore the local tourist area and enjoy a swim with the fish at Kahului Bay. The following day we ride to Captain Cook where we can look at the antiques and bric-a-brac on the way. We will be staying at the Japanese hotel Monago and can visit Captain Cook's memorial. The next day is a rest day and for those who feel like riding we will be able to visit the Hawaiian village, "The Place Of Refuge," swim with the fish at Napoopoo Beach Park and visit the many coffee plantations and check out their coffee. We ride on to Naalehu and stay at the Shirakawa motel, where we can pick fresh tangerines, coconut, papaya and advocado. The next day we cycle on to Punaluu Black Sand Beach Park and watch the sea turtles. Then we continue on to Volcano Village where we spend two glorious nights in a classy bed and breakfast. On our day off we can check out the extinct volcanoes. Next day on to Hilo, stopping in at the Orchid House and smelling the macadamia nut candy farm. On to Honokaa via a very scenic drive and the World Botanical Gardens. Then on to Waimea to see the Parker Ranch and over the hill to Hawi. There a walk about through Pololu valley, or explore some of the beaches. Leave Hawi and stop at the Spencer Beach Historical site. On to Papuna beach for a little fun in the waves. And then back to Kona.

Participants (10: Bill Hook, Barbara Faulkner, Jack Sheppard, Dennis Parsons, Bruno & Cathie Friegang, Frank Jacobsen, Wendy Pearson, Doug White, Bruce Ross.

Editor's note: Speaking from experience, this is a really great tour opportunity. A few more participants are needed to get a discount on fares.

Baja - 1997; Feb/Mar

Barton Howes 604-378-0927

Barton and Faye will be researching this beautiful peninsula for a Feb/Mar tour, or part thereof, starting from San Diego. If you are seriously interested, sign up. A deposit will be asked for in December when costs can be determined: For 24 people - \$1300 Canadian each. Transportation to and from is extra.

Participants: (8) Barton Howes, Faye Wilson, Leila Montgomery, Joanne Hamilton, Peter DenBoer, Vernon Patterson, Robert Curr, Augusta Lee

Arizona - March 4 - 18. Bernice Gregory 604-929-7533.

A motel tour with support vehicle for emergency use and coffee only. In other words pack your own gear. The tour will be similar to the November tour. Participants: (2) Cathie & Bruno Friegang

Toppenish, Washington - May 13 - 22

Dan Baris 509-865-2315

Forget about moving your tent each night. Stay at a modern Indian RV Park and campground with a heated swimming pool, showers, washers and dryers. Included is a winery tour with a night at a motel. While 3 meals will be provided, you are mostly on your own for food. The rides include desert, farmland, rivers, lakes and mountain passes. Most rides will be within 50 miles. Estimated costs in US dollars, including the night of the 12th: Camping - \$110 ; RV double occupancy - \$270; Teepees (5 or more per teepee) - \$180 per person; motel double occupancy \$400 per person.

Limited to 50 members - please note the type of facility you will want.

Participants: (19) Jean Horrocks, Stan Pollard, Daphne Pollard, Dennis Parsons, Rae Wohlschlegel, Bruce Ross, Shirley Fisher, Dorothy Kennedy, Martine Donahue, Charles Finnigan, C Hick, Vernon Patterson, Joan Enman. Sonja Joos, Barbara Hetzer, Bob Douglas, Ted & Pat Stubbs.

Denmark/Norway/Sweden - June 1997

Rolf Petersen 604-384-6804, maximum 18

This will be a self-contained tour (no support vehicle) staying at hostels. The tour will start and finish in Copenhagen 30 days later. The route will take us through Denmark for 14 days, by ship to Oslo, Norway. Spend 2 days there, cycle down the west coast of Sweden through Goteborg, by ship to Elsinore and back to Copenhagen. The daily cost for accommodations, including breakfast (lunch and dinner not included), is expected to be around \$40. Ferry costs an additional \$150. Participants to make their own travel arrangements from Canada to Copenhagen. A non-refundable \$100 deposit payable to CCCTS is requested by Jan 1, 1997.

Participants: (18) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Robert Miller, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Josie Zewiec, John Peck, Sally Petersen, Emil Jensen, Marg Hunter, John Hickman, Richard Lebek, Theresa Green.

Waiting list (15); Wendell Green, Carl & Joyce Dukeshire, Peter & Chris Kabel, Dan & Jerry Baris, Sylvia Mather, Glen & Jean Smith, Sylvia Bailey, Wendy Pearson, Eleanor Bannister, Roy & Helen Goodchild, Dennis Parsons.

Gulf & Vancouver Island Ferry Tour -

Diana & Al Lifton 604-468-5696

This tour is still in the formative stage but we understand that it will be for approximately 2 weeks in July and will involve ferry trips and cycling on some of British Columbia's beautiful and more remote gulf islands. More will be published when we hear from Diana

Peace River Tour. - Ted Stubbs.604-321-2784

This is another tour that is in the formative stage. Ted anticipates a 3 week late August/September tour, with support vehicle, of about 1100k with 14 cycling days. For those of you who don't know where the Peace River district is, it's principal town is Dawson Creek which is the southern terminus of the Alaska Highway. It is apparently a very picturesque area with superb vistas of both mountains and rolling farm land. Additional information will be published hopefully next month.

VANCOUVER WEEKLY RIDES

Sundays: Meet at 10 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie).

Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Tuesdays/Thursdays: Meet at the Community Centre in Ladner at 10 am . The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY RIDES

Victoria:


- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 995-1291 or Carl Dukeshire (Duke) 658-2696.

- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

- **Thursdays:** Doc Watson (477-0476) will lead Victoria members wishing to participate in the Ladner Thursday ride.

Nanoose/Parksville

- **Thursday:** Meet at 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 13 No. 11

Nov 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112
<http://www.vcn.bc.ca/cccts/> E-mail: cccts@vcn.bc.ca

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	730-0794
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office Manager	Marion Orser	520-7636
The Island	Horst Hees	389-1152
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

For those of us left behind, we have the Annual General Meeting and Banquet to look forward to. Margaret has been working overtime to ensure the success of this double-barrelled venture. Let's do our part to participate in both the meeting and banquet and at the same time do a little reminiscing and perhaps bragging about our past trips. Join in on the fun and trip the light fantastic to the sounds of an 8 (yes eight) piece big band. Another highlight of the banquet will be to honour our members who participated in the recently completed X-Canada tour, particularly those who made it coast-to-coast.

Before we can let our hair down at the banquet we have to discuss the business of operating the Club at the general meeting. Come early and bring your thoughts with you. The anticipated changes to the Club's constitution will be discussed. Our Ottawa members, Garfield Clack, Betty Darvell-Jones, Bill Armstrong, Lees Brooks, Tom Mix and Gerry Sutherland got together to review the proposed changes circulated to all members and submitted some well thought out comments. They also had some thoughts on proxy voting. Their submission will be presented to the AGM. This will also be the time to discuss future tours, to check details with tour leaders, and to sign up for tours before they are filled.

It is good to have John Peck back with us after his extended holiday; his computer skills are legendary.

EDITOR'S NOTEBOOK

How time flies when you are having fun! It has been almost 2 years since I undertook to be editor of the Newsbrief and I am still learning. Many thanks to all of you who have submitted items for publication. Without your input my job would be much more difficult. Any items of interest relating to biking, including humorous experiences or items that you feel might be of interest would be very much appreciated.

1996 CCCTS COMING & NEW EVENTS

NOVEMBER:

Annual General Meeting and same day Banquet & Dance - Thursday, Nov 21.

DECEMBER:

- Victoria Christmas Party, Friday, Dec 6 at Columbo's Restaurant.

- Ladner Christmas Party, Tuesday Dec 17 at Katryn Jeronimus's home

PRESIDENT'S CORNER

The wet season is once again upon us here on the 'wet' Coast. October almost set a new record for rainfall. Many of those who don't like to get their feet wet are deserting us for the warmer climate of Arizona, joining with Bernice in yet another fun-filled tour, or riding with Dennis on his New Zealand jaunt.

NOMINATIONS FOR DIRECTORS - 1996.

* Indicates a current director. All directors, unless otherwise indicated, live on the lower mainland.

The following slate of 14 directors has been prepared by the nominating committee. At least one additional nomination is required from the floor to fill the full slate.

Martine Donahue: Member since 1985. Martine has been on more than a dozen tours including the Cross Canada in 1990.

***Bob Douglas:** Member since 1982; tours: Sunshine Coast, Cascade, Cultus Lake, Oregon, San Juan, Hawaii, Bay View, Great Divide, Wine Country, B.C. Willamette '94, Washington Dam; treasurer since 1982.

***Mary Eickhoff:** Member since 1993, tours: Vancouver Island, Kananaskis; secretary '95 & '96; vice chair of Surrey Bicycle Advisory Committee.

Joan Enman: Member since 1989. Joan has been on at least 9 tours including the recent Cross Canada tour.

***Horst Hees (Victoria):** Member since 1992, tours: Cross Canada '93, BC '94.

***Barton Howes (Merritt):** Members since 1992; tours: Cross Canada, New England, Utah, Dempster, Cross America, Vancouver Island, Kananaskis ; social convener '95, Equipment Manager 96.

***Rowan Ley:** Member since 1992; tours: Rocky Mountain, Arizona, Gabriola, Hawaii, Ireland; secretary '94, Newsbrief Editor '95 & '96.

***Marion Orser:** Member since 1989; tours: Kenya, Cascade, Rock Mountain, New England, Willamette '94; Office Manager '96.

Dennis Parsons (Victoria): Member since 1986. Dennis has been on more than 20 tours and is a former Club president. Dennis did the Cross Canada tour in 1993.

***John Peck:** Member since 1986; tours: 5 in '90, 3 in '91, 6 in '92, 6 in '93, Hawaii, Dempster, Switzerland, Bavaria '94, Arizona '95; president '93; Newsbrief editor '94, membership secretary '95 & '96.

*** Sally Petersen (Victoria):** Member since 1993; tours Kananaskis, Western Australia.

*** Ron Pickerill:** member since '95; many non-CCCTS overseas tours; accountant.

*** Bruce Ross (Victoria):** member since 1992; tours: New England, Utah, Willamette, Vancouver Island, Washington Dam.

***Ted Stubbs:** Member since 1986; tours: Arizona,, New England, Oregon, Cultus Lake, Port Renfrew, Rocky Mountains, Bay View, Utah, Wine Country, Ireland, Willamette, Kananaskis; Equipment manager '94/95, President '96.

Retiring directors: Ian Polley, Vice President and former President, Margaret Fyfe, Social Convener, Andre Kaufmann, Equipment Manager along with Barton Howes.

Jim Brett passed away whilst on the X-Canada tour and was not replaced.

VICTORIA CHRISTMAS DINNER

The dinner will be held on Friday December 6th at Columbo's Restaurant on East Saanich Road at 6 pm. Cost per person should not exceed \$20. Up-landers and mainlanders are very welcome. Please phone Barbara Hetzer, 250-995-8430 for details and to let her know you are coming.

LADNER RIDE CHRISTMAS LUNCH-

Katryn Jeronimus - 943-3627

This year our Christmas Party will be held at Katryn's comfortable home in Tsawwassen on Tuesday December 17th. Come for the regular morning Tuesday ride and then, instead of stopping for lunch, go on to Katryn's home at 412 Kerry Place for the party. If you can't make the ride do not miss the lunch. Al Hollinger reminds you to bring along an inexpensive goofy gift as admission. We leave that up to your imagination. See you Katryn's (rain or shine) for fun and Christmas lunch which all starts at noon.

SAN JUAN ISLAND COSTS - Bob Douglas

The following information applies to members on the San Juan tour.

Cost per person in Canadian dollars:

Food	\$8.29
Camping	3.55
Vehicle	4.20
Miscellaneous	.17
CCCTS for equipment	<u>.45</u>
Total	\$16.66
Refreshment profit	<u>.17</u>
	16.49
Rounded to	\$16.50

A refund cheque will follow.

BC SENIOR'S GAMES - Chuck Dick

Chuck, member and former Vice President of CCCTS came away with the gold medal in the 60 - 64 age division at the recent Senior Games in Kamloops. Chuck entered the 5 event pentathlon where placement and the size of the interval between you and the next competitor are placed into a complex formula to determine the number of points awarded for each event. Four first place finishes in the 100M, long jump, javelin and shotput combined with a third place in the 1500M assured him top spot. Chuck is currently the first Vice President of the BC Seniors Games, Zone 4. His early New Year's wish is to see many more of our CCCTS members join with the 2100 athletes that

competed in this years games. Next year's games are to be held in New Westminster in September. He also hopes you will join him and Lynn on the annual January 1 FEAR ride (see under Alternative Rides in this Newsbrief.

THE LOST THING - Eva Folk

Where, oh where, did the darn thing go?
I've looked high and I've looked low.
I've ransacked all the shelves and drawers,
I've been hunting for hours and hours.
I've looked in the cupboards and even the fridge,
Under the carpet and up on the ledge.
I used this thing just yesterday.
How could it disappear this way?
But it's not in vain, this hunt and seek,
For I found the thing I lost last week.

Editor's note: Thanks Eva, I think most of us can identify with your ditty.

FLATS - Dennis Parsons

You have heard of them haven't you? Some of us have even had them! But the champion has to be Vern from Vernon. I don't want to bore you with actual facts and figures as if I did someone would surely prove he/she had more.

Just accept that Vern is the champ but that Noreen of Victoria is starting to challenge him. She got so fed up she actually resorted to buying a new tire and promptly had another flat.

I was away for two months. Monty picked me up at the airport and we stopped at McDonalds' for coffee only to spot Noreen behind the service station fixing another flat. While I was away we phoned and arranged that Vern would cycle out to guide us along the lake into his hometown.

We met, exchanged pleasantries and looked at one another's bicycles. Someone noticed that Vern now had new narrow tires. "Yes" he said "I got tired of having so many flats. I bought new tires and tubes." Then 'ssss' and he had another flat while we stood there on the hilltop looking down at the lake.

Poor Vern had to ride in the back of the jeep with his bike and his tail between his legs. Will someone please come forward and save our champions these indignities. There must be a puncture proof tire or tube. Let's promote a hero who can say "I have never had a flat." Hating someone like that could be so satisfying.

Editor's note: Not only would we like to hear from that someone who has never had a flat, we would

also like you to share some of your more hair-raising experiences involving flats. Is there anyone out there who can challenge Dennis's claim that Vern from Vernon is the all time champ?

CROSS CANADA TOUR

This is Betty's final report of the '96 tour

Hi Honey I'm home! I used to say this as I stumbled into my tent at night, stumbled not because of booze but because I tripped over the B@X#@@ - (that's not an Internet code) at the entrance to my tent, the front flap kept them dry overnight.

We are on the last lap of our journey now and the latest highlight is Gros Morne National Park. A place worth visiting again for a hiking holiday. The mountain itself would be a great challenge to climb. On the fjord cruise the clouds were sailing across the sky, with high mountains on either side one forgot one was on a boat, the motion of the clouds and rocks had you fooled into thinking you were floating into some unknown dynasty in a huge viking ship made of the rock. Eerie! Hiking the tablelands the sand, shale and colour of rock and earth from an erosion billions of years ago, was an entirely different experience. As Elsie said whilst listening to some of our group talking computer language and walking downhill in this ancient debris of stones "if these rocks could talk what a tale they would tell and what would they think of all this computer jargon." You were in two worlds at once.

The seniors at Rocky Harbour entertained us to refreshments. A Newfie bunch of jokers young in mind and spirit. I pointed to a picture of a celebrated minister from the past and a jovial woman in her 70's said "oi can't rember moi dear but e wos one of my ole flames! Way back. Hmmm.

The last day's ride into St John's. Wow, what a final test! Rain, wind and cold! After a fully welcomed coffee break at 30k we saw nothing, nothing for the next 100k or so. Not a bloody restaurant anywhere. Hey "Tim Horton" where are you now? On and on, climb up, cycle down, forever and ever. Making the most of the last day we all arrived exhausted. Cathy on a wing and a prayer. Gallant Jim and Carl. Al with his laundry! The tandem twins, Bill & David, Shirley, Joyce, Duke, old Uncle Tom Cobbley and all. We fell on each others shoulders at the hotel. Found our rooms and collapsed. The 12th, we arrived on the 12th, the 13th was Friday, we were supposed to arrive on the 15th. Good that's when we got the tail end of a hurricane so ironically we did the right thing - which reminds me of a porridge commercial. After 3 days we had porridge for breakfast again, says Alex "I'm on porridge withdrawal"

And then I became a "Newfie Screech" on board a schooner around Cape Spear, music by the threesome and the Newfie dog that didn't go that day - he was seasick. I ate the Newfie steak (bit of Spam on a toothpick). I kissed the fish and swore the oath "Ise the by tha swares by Brother Joad on his false eye to stand by the rules of the screech," then downed the rum. I remember jiggling round the deck to the concertina. The dinner was successful, warmth, companionship, lots of cards and letters from fans, speeches of acknowledgements to friends and missing ones. Joan's birthday. Then goodbyes and packing of bikes, cleaning the truck, renting of cars, and people, people becoming civilians again. I couldn't understand it, a formality set in. Quiet, polite, shaking of hands, best wishes, even the top buttons done up! Huh, back to the real world and time to put away childish things!

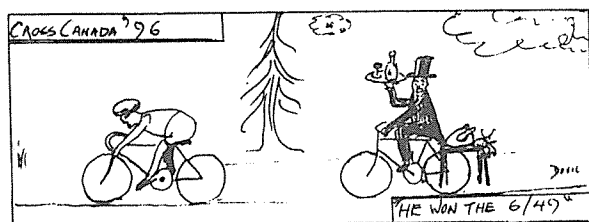
Funnies: Coffee in St John's with Elsie. First cup \$1.25, second cup \$1.50. Is that a Newfie joke? We never found out. Never saw a moose on the whole darned trip. After 3 1/2 months I came home to my cottage and almost run into a moose with my car.

Visit my elderly friend at the care centre, having tea in the lounge and a nurse comes up to me with a wheelchair saying "would you like to go back to your room now dear" (God forbid).

Well, that's all for this trip. I felt I'd been on the Orient Express by the time it was over. All those interesting people I lived with for 3 1/2 months. When I arrived home to congratulations, welcome parties and interviews I felt like flinging my cycling shorts to the crowds and shouting "eat your hearts out guys!"

Now to pay all the bills, cope with the blues, face the Ottawa winter and by God plan for the next trip. I had just rode 8000k. See yer...

Betty Darvell-Jones.



Editor's note: Thanks for your entertaining accounts of the tour Betty. We wait with anticipation to hear about your next trip.

STAY AT HOME TOURS:

The tour took place during the best days of our fall season. Temperatures were in the 20's (C) on most

days. The first tour was led by Mary Eickhoff who introduced us to the new Alex Fraser Bridge access routes. Maybe more of us will use these bike routes to join the Ladner rides in the future!

I didn't attend the Pender Island tour led by Al Hollinger or the Fort Langley - Mission tour led by Bob Douglas, but I have cycled these routes and know they were a success.

On Wednesday Bernice Gregory greeted our small group at Squamish. We then cycled through remote wilderness forest following the Squamish River. The only traffic was road maintenance vehicles and some logging trucks. We stopped for our bag lunch on the river bank. This was also our turn around point but some of us would like to have gone further. How much further this beautiful paved road went nobody seemed to know.

On Thursday John Hathaway led us through Burnaby and Vancouver using bike routes few of us were aware of. There are safe and pleasant ways to travel across the city. Anna Markus was on her bicycle heading for our meeting point when a car hit her rear wheel while she was crossing Commercial Drive. Her wheel was bent and Anna received a few scrapes. Her wheel is now replaced and she is ready to roll again. Anna borrowed another bike that day and met us at the Dunbar community centre to share her experience.

The last cycle tour took us to the Mt Baker area. Shirley Fisher led us from the parking lot south of Abbotsford through Sumas, Deming, Kendall, Maple Falls to the lovely park at Silver Lake. This is great recreational country. The gradual uphill route to Silver Lake had its reward. It was mostly downhill all the way back to our vehicles. A few of the participants concluded the stay-at-home tour at the Keg.

On some of the tours we were provided with a route map in case we got lost along the way. These maps will provide useful reference to future rides. Thank you to all the group leaders for a great week of cycling.

Margaret Fyfe

SOUTH-WEST AUSTRALIA

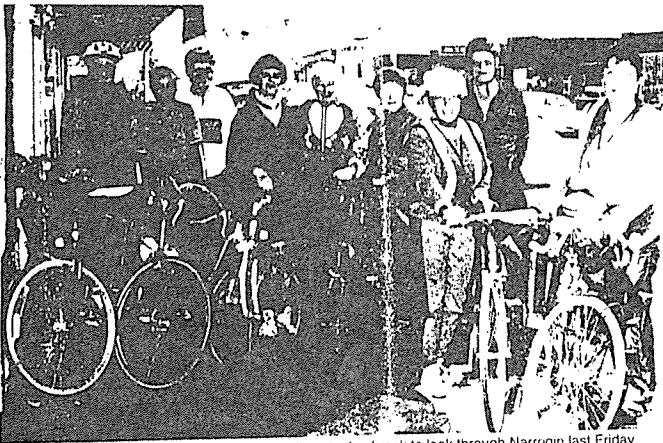
Age no barrier for visiting cyclists - Narrogin Observer (W Australia).

Cycling is not just for the young. Proving this point last week was a group of mainly retired Canadian cyclists, breezing through Narrogin during a tour through the State's south. The 23 Canadians and one American are CCCTS members, a touring

group, mostly for seniors, which has about 400 members. The cyclists ranged in age from 55 to 71.

Friday was their ninth day of the tour, having set off from Perth on September 9 and travelled through Midland, Toodyay, York, Quairading, Kondinin, Hyden, Kulin and Wickiepin. From Narrogin they will make their way to Albany, planning to return to Perth by Oct 21. Member Leila Montgomery said the scenery was "fantastic", and that the group had admired native birds, wildflowers and wide open fields. The mainly single cyclists ride at their own pace and meet up at townsites. To make riding easier 83-year old Dornacilla Peck accompanies the group in a van carrying most of their equipment.

Leila said cyclists who took part in the trips needed to be in good shape and had to be good at interacting with others. Their main difficulty has been strong headwinds. Hills have not posed a problem, as most of the group hail from mountainous BC.



● Cross Canada Cycle Tour Society members took a break to look through Narrogin last Friday.

Editor's note: Club members as advised by John Peck are from left to right; Alida Wellmann, Leila Montgomery, Guenther Wellmann, Chris Kabell Dornacilla Peck, Cathy Wilkinson, Anne-Marie Labourdette, Harry Tingley, Myrna Korstrom

Impressions - Ray & Kathy Wilkinson

If you can imagine deserted roads that roller-coast and wind through vast bush, Tuart, Karri and Tingle forests with head-winds so strong we sometimes had to pedal hard downhill! Sudden showers and sun (sometimes at the same time). Unpolluted air like wine, with the perfume of beautiful wild flowers, colourful parrots and song birds and the excitement of spotting a wild kangaroo. The quaint historical outback towns with their turn-of-the-century hotels. The unusual rock formations, especially Wave Rock - resembling a huge wave the size of a 10-storey building, formed by centuries of wind and rain. The numerous vineyards and wineries at Margaret River, where some of Australia's finest wines are grown. The Indigo blue of the Indian Ocean, with vast

deserted beaches of golden sand, that seem to go on forever. The meeting of the Southern and Indian Oceans at Cape Leeuwin, Australia's most southwest point, and, above all, the friendliness of the local people. This is South Western Australia.

It was a tour not to be missed. A difficult one to organize, as some folks camped and some preferred to stay in caravans or motels, due to the weather not always co-operating.

Dornacilla, who drove the support van, was a patient and ever helpful wagon-master with a good sense of humour (Get her to tell you about the time she had in Freemantle one Sunday morning, when she took a wrong turn and ended up driving the van in the local Fisherman's annual parade!)

Our thanks to you, Rae, for your courage and fortitude in organizing and leading single handed such a memorable super tour.

CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian Polley vice president, CCCTS.

1996 CCCTS TOURS

New Zealand South Island - Nov 29 '96 - Jan 10 '97. Leader Dennis Parsons.

A self contained camping, hostel tour. Address all enquiries to the office please. Anza Travel Ltd, Vancouver is handling the air travel for some of the participants and can be contacted at 1-800-668-6612. Participants (12) Roger Braziel, Wendell & Theresa Green, Dennis Parsons, Catherine Lynch, Lise Brooks, Sherie Croft, Harry Tingley, Myrna

Korstrom, Alec Vennos, Gerhard Hirsch, Joyce Bowen.

Arizona - November 9 - 23. Bernice Gregory 604-929-7533.

This tour will be underway by the time you receive this Newsbrief.

1997 CCCTS TOURS

Hawaii - The Big Island - Jan 29 - Feb 12
Bill Hook 604-595-4315

A hotel and restaurant tour of the Big Island. Limit 16. Cost approximately \$1600 plus food. \$10 to keep your name on the list. \$200 by October 15 and the balance by Nov 15.

Itinerary: Fly into Kona, enjoy a beautiful sunset. Next day we will explore the local tourist area and enjoy a swim with the fish at Kahului Bay. The following day we ride to Captain Cook where we can look at the antiques and bric-a-brac on the way. We will be staying at the Japanese hotel Monago and can visit Captain Cook's memorial. The next day is a rest day and for those who feel like riding we will be able to visit the Hawaiian village, "The Place Of Refuge," swim with the fish at Napoopoo Beach Park and visit the many coffee plantations and check out their coffee. We ride on to Naalehu and stay at the Shirakawa motel, where we can pick fresh tangerines, coconut, papaya and avocado. The next day we cycle on to Punaluu Black Sand Beach Park and watch the sea turtles. Then we continue on to Volcano Village where we spend two glorious nights in a classy bed and breakfast. On our day off we can check out the extinct volcanoes. Next day on to Hilo, stopping in at the Orchid House and smelling the macadamia nut candy farm. On to Honokaa via a very scenic drive and the World Botanical Gardens. Then on to Waimea to see the Parker Ranch and over the hill to Hawi. There a walk about through Pololu valley, or explore some of the beaches. Leave Hawi and stop at the Spencer Beach Historical site. On to Papuna beach for a little fun in the waves. And then back to Kona.

Participants (12): Bill Hook, Barbara Faulkner, Dennis Parsons, Bruno & Cathie Friegang, Frank Jacobsen, Wendy Pearson, Doug White, Bruce Ross, sherie Croft, Al & Diana Lifton

Editor's note: Speaking from experience, this is a really great tour opportunity. A few more participants are needed to get a discount on fares.

Baja - 1997; Feb/Mar

Barton Howes 604-378-0927

Barton and Faye will be researching this beautiful peninsula for a Feb/Mar tour, or part thereof, starting from San Diego. If you are seriously interested, sign up. A deposit will be asked for in December when costs can be determined: For 24

people - \$1300 Canadian each. Transportation to and from is extra.

Participants: (12) Barton Howes, Faye Wilson, Leila Montgomery, Joanne Hamilton, Peter DenBoer, Vernon Patterson, Robert Curr, Augusta Lee, Jean & Glen Smith, Ann Zielinski, Jack Sheppard.

Arizona - March 4 - 18. Bernice Gregory 604-929-7533.

A motel tour with support vehicle for emergency use and coffee only. In other words pack your own gear. The tour will be similar to the November tour. Participants: (2) Cathie & Bruno Friegang.

Toppenish, Washington - May 13 - 22
Dan Baris 509-865-2315

Forget about moving your tent each night. Stay at a modern Indian RV Park and campground with a heated swimming pool, showers, washers and dryers. Included is a winery tour with a night at a motel. While 3 meals will be provided, you are mostly on your own for food. The rides include desert, farmland, rivers, lakes and mountain passes. Most rides will be within 50 miles. Estimated costs in US dollars, including the night of the 12th: Camping - \$110 ; RV double occupancy - \$270; Teepees (5 or more per teepee) - \$180 per person; motel double occupancy \$400 per person.

Limited to 50 members - please note the type of facility you will want.

Participants: (24) Jean Horrocks, Stan Pollard, Daphne Pollard, Dennis Parsons, Rae Wohlschlegel, Bruce Ross, Shirley Fisher, Dorothy Kennedy, Martine Donahue, Charles & Jeannine Finnigan, C Hick, Vernon Patterson, Joan Enman, Sonja Joos, Barbara Hetzer, Bob Douglas, Ted & Pat Stubbs, Ealnor Bannister, Theresa Keet, Marion Orser, Ann Miller, Ingo Vanderveer.

Denmark/Norway/Sweden - June 1997

Rolf Petersen 604-384-6804, maximum 18

This will be a self-contained tour (no support vehicle) staying at hostels. The tour will start and finish in Copenhagen 30 days later. The route will take us through Denmark for 14 days, by ship to Oslo, Norway. Spend 2 days there, cycle down the west coast of Sweden through Goteborg, by ship to Elsinore and back to Copenhagen. The daily cost for accommodations, including breakfast (lunch and dinner not included), is expected to be around \$40. Ferry costs an additional \$150. Participants to make their own travel arrangements from Canada to Copenhagen. A non-refundable \$100 deposit payable to CCCTS is requested by Jan 1, 1997.

Participants: (18) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Robert Miller, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Josie Zewiec, Sally Petersen, Emil

Jensen, Marg Hunter, John Hickman, Richard Lebek, Theresa & Wendell Green.
Waiting list (15); Carl & Joyce Dukeshire, Peter & Chris Kabel, Dan & Jerry Baris, Sylvia Mather, Glen & Jean Smith, Sylvia Bailey, Wendy Pearson, Eleanor Bannister, Roy & Helen Goodchild, Dennis Parsons, Loreen Morling.

Sunshine Coast, Vancouver Island & Northern Gulf Islands Tour - Diana & Al Lifton 250-468-5696

A 14 day camping with support vehicle tour tentatively scheduled July 15 - 28. Max 30; estimated cost \$325 plus ferry fares (approx \$70 for adults & \$40 for seniors); Cycling distance 700k
Deposit: \$100 due April 1 with the balance (\$225) due June 1 (the initial deposit is not refundable if the numbers drop below 25 after the tour is set to go)
Itinerary: Starting in Nanaimo, following the Island Highway as far north as Campbell River, with day or overnight trips to the following islands: Lasqueti, Denman, Hornby, Quadra, and Cortes. Ferry from Comox to Powell River; day trips to Savary and Texada Islands. South along the Sunshine Coast to Horseshoe Bay; day trip to Bowen Island and than back by ferry to Nanaimo.

Participants (6) Cathy McPherson, Joan Enman, Emidia Lepore, Bob Douglas, Charles & Jeannine Finnigan.

Editor's note: This was mistakenly called 'The Gulf & Vancouver Island Ferry Tour' in last month's Newsbrief.

Peace River Tour. - Ted Stubbs 604-321-2784
This is another tour that is in the formative stage. Ted anticipates a 3 week late August/September tour, with support vehicle, of about 1100k with 14 cycling days. For those of you who don't know where the Peace River district is, its principal town is Dawson Creek which is the southern terminus of the Alaska Highway. It is apparently a very picturesque area with superb vistas of both mountains and rolling farmland. Additional information will be published hopefully next month.
Participants: (4) Pat & Ted Stubbs, Joan Enman, Judy Jackson

VANCOUVER WEEKLY RIDES

Sundays: Meet at 10 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie).
Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Tuesdays/Thursdays: Meet at the Community Centre in Ladner at 10 am . The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.
- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY RIDES

Victoria:

- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 995-1291 or Carl Dukeshire (Duke) 658-2696.

- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

Nanoose/Parksville

- **Thursday:** Meet at 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

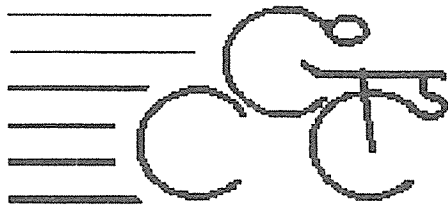
ALTERNATIVE RIDES;

The 4th annual B.E.A.R. ride. By popular request being repeated for the 4th time.
Chuck Dick - 604-261-5092.

The ride will take place on January 1, 1997 (weather permitting). The past 3 years have had pleasant weather but if in doubt phone me early We meet at the Peace Arch Crossing and leave our cars in the parking lot across the road from Canada Customs around 8:45 am and leave "promptly" at 9 am.

Our itinerary takes us to Birch Bay, Ferndale, Bellingham, Fairhaven (usually lunch at the Colophon Cafe but we have a choice since there is a new one across the street) and return via Bellingham to Northwest Avenue and a pleasant slightly shorter, perhaps more hilly route home arriving back at the Customs around 4 pm. A detailed itinerary fairly accurate in mileages and maps is given to each participant. The trip is 65 miles (approx) and is done at a recreational pace but you have maps and you can tear off if you wish or possibly throw in a few extra loops - your choice - but the rest of us will putter and chatter. Please phone to indicate if you are interested.

B.E.A.R. ride - Bellingham Eat And Retreat. Since we go to Fairhaven actually some people say it should be renamed the F.E.A.R. ride. For those having had a tough New Year's Eve, that may well be appropriate.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 13 No. 12

Dec 1996

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112
http://www.vcn.bc.ca/cccts/ E-mail:cccts@vcn.bc.ca

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

Directors:

President	Ted Stubbs	321-2784
Vice-President and Tours Coordinator	Marion Orser	520-7636
Treasurer	Ron Pickerill	261-2403
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	730-0794
Membership	John Peck	538-0195
Social Convenor	Martine Donahue	689-2743
Equipment	Barton Howes	378-0927
	Joan Enman	689-3678
Office Manager	Joan Enman	689-3678
The Island	Horst Hees	389-1152
Others	Sally Petersen	384-6804
	Bob Douglas	435-3893
	Bruce Ross	656-5591
	Dennis Parsons	995-1291

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923

1996 CCCTS COMING & NEW EVENTS

DECEMBER:

- *Ladner Christmas Party, Tuesday Dec 17 at Katryn Jeronimus's home.*
- *Shaftebury Sleigh Ride and Christmas Party, Sunday Dec 22. Refer "Alternative Rides."*

JANUARY:

- *The 4th Annual B.E.A.R. ride, Jan 1. Refer "Alternative Rides."*

There are
berries
on the holly
And
mistletoe on high,
With the
same old Christmas greeting
As in days gone by...



Good Luck, Good Health,
Good Fortune,
Three wishes just for you,
To take you
through the
Yuletide
And then
the New Year,
too.

Merry Christmas

in Kamloops, I submit the following with respect to cycling events:

Participants:

Richard Jenks, Peter Lazenby, Tweed Daoust, Bill Richardson, Hugh Town, Doug Bentley, Emil Jensen, Leo Comeau, Donna Nicholas and Ella Laramee

Medal Winners:

Leo Comeau - 2 silvers & 1 bronze
Donna Nicholas - 1 gold & 2 silver
Doug Bentley - 1 bronze
Tweed Daoust - 1 silver & 1 bronze

Out of the three events (road race, hill climb and time trials), my moment of glory was on the hill climb when I crossed the finish line ahead of a lady in my age group who had never lost a race

Donna Nicholas.

Editor's note: Thanks Donna and congratulations to all participants as well as winners.

NEW MEMBERS

Welcome to the following new members:

Thom Duck & Rachelle Amiot
7625 A 258 Street, Aldergrove BC, V4W 1V4
604-857-1969

Ray Bremner
5125 Clinton St, Burnaby, BC, V5J 2L4
604-434-9253

George Edmonds
1307 48th Ave N.W. Calgary, Alta, T2K 0J6

Tom Fiebig & Lyn Rawlinson
1913 6th Ave West, Seattle WA, USA, 98779
206-284-2147

Andre Richard
104-3585 chemin Sainte-Foy, QC G1X 1T1
418-651-4354

LADNER RIDE CHRISTMAS LUNCH -
Katryn Jeronimus - 943-3627

This year our Christmas Party will be held at Katryn's comfortable home in Tsawwassen on Tuesday December 17th. Come for the regular morning Tuesday ride and then, instead of stopping for lunch, go on to Katryn's home at 412 Kerry Place for the party. If you can't make the ride do not miss the lunch. Al Hollinger reminds you to bring along an inexpensive goofy gift as admission. We leave that up to your imagination. See you at

Katryn's (rain or shine) for fun and Christmas lunch which all starts at noon.

CCCTS LOGO - Theresa Keet

A few years ago our club crest was made by **INITIALLY YOURS**. Jim also designed sweatshirts in different colours with our logo. Jim died a few months ago, the store is going to be sold, and I have his computer disk with our logo on it.

We can take this disk to any embroidery place and have our logo embroidered on anything we want, in any colour or size, on jackets, shirts, etc.

The disk will be in the office, another copy is with Rae Wohlschlegel, and I have one. Let's use our logo to identify us and advertise our club, especially on tours outside the country.

AGM NEWS & VIEWS - Mary Eickhoff

Looking back on it, it was an exercise in diplomacy, good order, and good nature demonstrated by all. There were several controversial issues to deal with in the discussion of revisions to the Constitution and Bylaws which can be emotional and with more than one legitimate point of view.

Take the proposed change to permit proxy voting put forward by six members from the Ottawa area... it seems this is prohibited by the Society Act which, if so, would settle the question. It nevertheless sparked a lively debate with members presenting two main points of view; firstly, that if we may and do permit proxy voting, those who give their proxy will not hear the arguments presented at the meeting which may have had an effect on their vote and are putting their trust in someone who may not vote as they would wish. The opposing argument is that, as our membership is geographically widespread, proxy voting should be permitted for those who are otherwise denied participation in decisions taken at the Annual General Meeting. We are fortunate in having such a diverse membership - it is the pearl in our oyster. All present were sympathetic to how long and sharp the horns of this dilemma are and desire a fair resolution. Stay tuned! Discussion was tabled until the next Extraordinary General Meeting or Annual General Meeting.

After point by point examination of the revisions as proposed by the subcommittee (Marion Orser, Chair, John Peck, and Bob Douglas) the membership voted to adopt the revisions with the exception of Bylaw 6; the proposed revision was:

The directors may determine the membership dues and thereafter the annual membership dues shall be determined at the Annual General

again in March. Count me in. I'm ready for more sunshine.

I would like to thank, not only Bernice, but also my fellow cyclists for just being there, some strong bonds were formed, some crashes occurred and hopefully all injuries will soon be healed. We are indeed fortunate to belong to such a great club.

Mary Whyte

SOUTH-WEST AUSTRALIA

Birds and flowers and the search for live kangaroos.

To see such a large variety of flowers is justification enough for coming down under. Dismounting and examining the small blossoms and orchids reveals so much of nature's magic in design and colouring. The unusual Banksia trees and the plumage of fast flying birds add to the visual delights.

The weather! Today is sunny and not so cold but, I am glad to be indoors writing this. Don't expect your loved ones, when they arrive home, to be bronzed - wind burned yes - but not brown.

The road surfaces here are excellent and the traffic very light with long periods to enjoy the pleasant country sounds. The roads are narrow with no lines other than the one down the centre (none at all sometimes) but the shoulders are wide hard-packed pebbly clay and easy to ride on. It is the politeness of the drivers that causes the most vexation. In order to give us the widest berth they drive far over on the other shoulder and we are spattered with stones that hurt and which could be dangerous. Our remedy has been to pull off to the extreme edge and some drivers have got the hint. Two of us had our own solution. We would ride on each side of the road, forcing the driver to stay in the centre, but the cops caught us and gave us a warning.

Enough of cycling, let's talk about kangaroos. We wanted to see them when we visited this country and with 25 pairs of eyes raking the forests and fields day after day one would expect a sighting, wouldn't one? I saw none. Assured by many that at dawn or dusk we would see 70 or 80 on the golf courses (always the golf courses) and running eagerly to said place on so many mornings to view just another empty expanse of land, I became suspicious. I grant we did see the odd dead kangaroo alongside the road but never a live one. I did see what appeared to be one waving at me from the top of a hill but I recognized the arm movements as that of the bear that stands in front of the A & W restaurant. I just don't trust these Aussies and won't believe any of our crowd who claim to have seen one. They're becoming so Aussiefied that if you ask them to recite

the alphabet they start "I, bay, say day....." No, I theorize that dead kangaroos are imported from somewhere else like Madagascar or Mauratius and are heaved out of high-sided trucks in the dead of night just to keep the tourist industry alive. I believe this. Yes I do! I do! I do!

Dennis Parsons

888888888888888888888888888888

Twenty four of us thought that we were going to sunny warm Australia, so we left most of our warm clothing behind. What a mistake that was! We had overlooked that fact that Perth can be wet and cold in the spring and that the prevailing winds are from the cold Antarctic. Added to that, Australians, accustomed to milder winters, do not heat houses, or hotel rooms. Thus Canadians, coming from central (over) heating, had a new and invigorating experience.

But once warmed up by cycling, we began to enjoy it. There were new experiences: cycling on the left, sun in the north, wonderful wild flowers and flowering trees, Eucalypts everywhere, rust brown soil, and strange speech, where a student my drive 'to the Uni in a bute blue ute' (to the University in a beautiful blue utility truck). Also we had to adjust our ears a little to catch the words, for in Katanning we stayed at a church conference centre called Kobeelya. We wondered whether Kobeelya was a flower, an animal, or a tree, but were told that it is an aboriginal "nime for a plice of peace" There were interesting place names: Porongurup, Manjinup, Cowaramup, Yallingup, Qindalup and Nannup. It was in Nannup that we found a local church named AllSaintsAnnup. Apparently the -up suffix is aboriginal for a "pleasant place". One is reminded of Puyallup in Washington State. Could there be a connection?

In short, our tour was from Perth eastward to Wave Rock, southward to Albany and back to Perth along the coast (which we seldom saw). Some of us imagined that it might be like the Arizona desert country, but instead we cycled through well watered farming country, with green wheat, yellow canola, millions of sheep, cattle and pigs; then on the return route, thick forests of Jarrah (*Eucalyptus marginata*), Karri (*E. diversicolor*) amongst many other unfamiliar trees.

To put things in perspective, Western Australia is about one third of the Australian continent, and is about three times the size of Texas. Although we cycled almost two thousand kilometres, our tour circled only a tiny portion of the south-west of the state. The remainder is vast and empty, but this drier part we never saw. The population of WA is under two million, most of whom live in Perth and the south west.

The roads were good. When the traffic was heavy there were wide smooth shoulders. Away from cities, although there were seldom shoulders, the traffic was so scarce, that we were not troubled. In some places we came across intermittent one-lane roads, but there was always a firm gravel shoulder, to be used for passing. It was interesting to watch our colleagues. There were those who pulled over to ride on the shoulder when a car passed, while others could not be bothered to allow that courtesy to a passing motorist. Australian speed limits are high. It was surprising to ride along a two lane road with no shoulders and to come across a speed limit sign for 110km. Fortunately the traffic seldom reaches that speed. Perhaps these impossibly high speed limits are to give traffic police less work.

Between Perth and Albany the topography is rolling hills at about 300m altitude. The country roads were not smartly engineered, they simply went over the hills and down into the valleys. Thus a day's ride might consist of a series of climbs separated by down hill runs. After a few hours of this one developed an intense longing that the hills would stop. A cyclometer was hardly necessary. Most roads announced the distance to the next town at 5 km intervals, so it was always a relief to reach the final 5 km mark and to know that the struggle would soon be over. When distances were long, hills were frequent, and cold winds were adverse, it was not surprising that tempers were short, but that is human nature.

We had a support vehicle. Our instructions were that it would carry only what could be carried in four panniers, but some had an exaggerated idea of the size of a pannier, or just did not read the instructions, so there were all sizes, many unmarked. Upon complaining about unmarked baggage, we heard, "Why mark my kit? I know what it looks like". This made it difficult for the driver to know what had to be unloaded where, especially since some camp sites were remote from motels. In the towns we found a similar problem. On main streets only the cross streets bore signs. Perhaps the locals think: "Why should we put a sign on the main road, when we know what it looks like?".

This tour was a bold experiment. It was a new way of touring. There were those who cooked their own meals and those who headed for the nearest restaurant; those who slept in beds and those who camped; even some who did not know what they were going to do until they arrived. All this made things difficult for the leader, Rae Wohlschlegel. There was perhaps a lack of camaraderie usually generated by group cooking and eating, but we did come together for a short daily meeting. To satisfy so many shifting demands is not easy, especially since caravan park bookings sometimes fell through, so last minute changes were in order, and camp

grounds could be some distance from motels. But Rae did a fine job, and we are all grateful to her for giving us this opportunity to see Western Australia

John Peck

CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian Polley vice president, CCCTS.

1996 CCCTS TOURS

New Zealand South Island - Nov 29 '96 - Jan 10 '97. Leader Dennis Parsons.

This tour is now under way, hopefully under sunny skies.

1997 CCCTS TOURS

Hawaii - The Big Island - Jan 29 - Feb 12

Bill Hook 604-595-4315

A hotel and restaurant tour of the Big Island. Limit 16.

Cost \$1600 which is now due to secure a place on this tour

Itinerary: Fly into Kona, enjoy a beautiful sunset. Next day we will explore the local tourist area and enjoy a swim with the fish at Kahului Bay. The following day we ride to Captain Cook where we can look at the antiques and bric-a-brac on the way. We will be staying at the Japanese hotel Monago and can visit Captain Cook's memorial. The next day is a rest day and for those who feel like riding we will be able to visit the Hawaiian village, "The Place Of Refuge," swim with the fish at Napoopoo Beach Park and visit the many coffee plantations and check out their coffee. We ride on to Naalehu and stay at the Shirakawa motel, where we can pick fresh

tangerines, coconut, papaya and avocado. The next day we cycle on to Punaluu Black Sand Beach Park and watch the sea turtles. Then we continue on to Volcano Village where we spend two glorious nights in a classy bed and breakfast. On our day off we can check out the extinct volcanoes. Next day on to Hilo, stopping in at the Orchid House and smelling the macadamia nut candy farm. On to Honokaa via a very scenic drive and the World Botanical Gardens. Then on to Waimea to see the Parker Ranch and over the hill to Hawi. There a walk about through Pololu valley, or explore some of the beaches. Leave Hawi and stop at the Spencer Beach Historical site. On to Papuna beach for a little fun in the waves. And then back to Kona.

Participants (15): Bill Hook, Barbara Faulkner, Dennis Parsons, Bruno & Cathie Friegang, Frank Jacobsen, Wendy Pearson, Doug White, Bruce Ross, Sherie Croft, Al & Diana Lifton, Barbara Forsyth, John & Dorothy Drinnan.

Baja - 1997; Oct 10, '97 - Nov 11.

Barton Howes 604-378-0927

Since the trip of discovery by Faye and myself there are some significant changes. First, because of the numerous snowbirds in February, the trip will be postponed to October. This may have to be postponed again as the Pope is planning a trip to Loretto in October. He has not, as yet, checked with Barton and Faye to see if there will be a conflict!

Second it will be motels, and good RV parks for tenting and evening restaurant meals. Morning porridge and lunches will be as usual. If 10 people - \$650 each plus meals plus travel to San Diego and away from LaPaz (or other places) If 20 \$600. Put your name of the tour list. Non-refundable deposit \$30 by March 1.

Participants: (27) Barton Howes, Faye Wilson, Leila Montgomery, Joanne Hamilton, Peter DenBoer, Vernon Patterson, Robert Curr, Augusta Lee, Jean & Glen Smith, Ann Zielinski, Jack Sheppard, Teresa Green, Shirley Mae & Jim Jeffrey, Carl Rorison, Eila Taylor, Theresia Keet, Christina Radnai, Chris & Peter Kabel, Robert Miller, Dianne & Ross Horsnell, Judy Jackson, Joan Enman, Bruce Ross.

Editor's note: Please note the change of dates and be sure to advise the office if you can't participate because of the change.

Arizona - March 4 - 18.

Bernice Gregory has announced that she will **NOT** do a March tour but will store the equipment and will help with the planning and making motel reservations if anyone else is willing to lead this tour. *Until such time as a leader is found this tour is on hold.*

A motel tour with support vehicle for emergency use and coffee only. In other words pack your own gear. The tour (8) Cathie & Bruno Friegang, John Peck, John Hizza, Mary Whyte, Katryn Jeronimus, Al Hollinger, Barbara Hetzer.

Toppenish, Washington - May 13 - 22

Dan Baris 509-865-2315

Forget about moving your tent each night. Stay at a modern Indian RV Park and campground with a heated swimming pool, showers, washers and dryers. Included is a winery tour with a night at a motel. While 3 meals will be provided, you are mostly on your own for food. The rides include desert, farmland, rivers, lakes and mountain passes. Most rides will be within 50 miles. Estimated costs in US dollars, including the night of the 12th: Camping - \$110 ; RV double occupancy - \$270; Teepees (5 or more per teepee) - \$180 per person; motel double occupancy \$400 per person.

Limited to 50 members - please note the type of facility you will want.

Participants: (50) Jean Horrocks, Stan Pollard, Daphne Pollard, Dennis Parsons, Rae Wohlschlegel, Bruce Ross, Shirley Fisher, Dorothy Kennedy, Martine Donahue, Charles & Jeannine Finnigan, C Mick, Vernon Patterson, Joan Enman, Sonja Joos, Barbara Hetzer, Bob Douglas, Ted & Pat Stubbs, Ealnor Bannister, Theresa Keet, Marion Orser, Ann Miller, Ingo Vanderveer, Fritz Niebisch, Barton Howes, Faye Wilson, Joanne Hamilton, Peter de Boer, Anna & Alex Marcus, Alyce McKay, Anne-Marie Labourdette, Robert Miller, Roy Towler, Yvonne Miller, Sylvia Mather, Christina Radnai, Ray & Kathleen Wilkinson, Margo & Ivan Paravan, Clara & Wayne Waardenburg, Ian Polley, Dan Kennedy, Dorothy & John Phillip, Mary Goulding, Ernie Schmidt.

Waiting List (3); Ron & Janice Pickerill, Andre Kaufmann.

Denmark/Norway/Sweden - June 1997

Rolf Petersen 604-384-6804, maximum 18

This will be a self-contained tour (no support vehicle) staying at hostels. The tour will start and finish in Copenhagen 30 days later. The route will take us through Denmark to the northern tip, Skagen. Then by ship from Frederikshavn to Goteburg, Sweden. Cycle down the west coast of Sweden to Helsingborg across to Elsinore, Denmark by ship and back to Copenhagen. The total cost: accomodations, including breakfast (lunch & dinner not included) and shipping between islands, Denmark and Sweded \$1600, payable by March 15th. Participants to make their own travel arrangements to Copenhagen. For group rates after Jan 30 inquire - Scandinavian Travel Centre (Neils Anderson) #210 - 1275 W 6th Ave, Vancouver, phone 736-8300 or 1-800-667-4033

A \$100 non-refundable deposit payable to CCCTS is required by Jan 1.

If need be, to accommodate everyone presently on the list, a second tour will take place within the same time period with Dennis Parsons as the leader. All hostel bookings have to be made the first week in January, so I must stress the importance of everyone (including people on the waiting list) making their deposit on time so I know how many to book for.

Meetings will be held for:

Vancouver participants at 2 pm on Thursday 30 at :
 Jim & Shirley Mae Jeffrey's home
 233 Morning side Drive, Delta
 604-943-0924

Victoria participants at 2pm Tuesday Jan 28th at :
 Rolf Petersen's home
 2880 Murray Dr, Victoria
 250 384-6804

I would like to apologize for the change in itinerary of this trip. This was brought about due to the lack of hostels enroute.

Itinerary:

Day 1, 2 & 3 -	Copenhagen,		Denmark
4	Fakse	70k	
5	Naribo	70k	
6	Aeroskobing	55k	
7	Tonder	80k	
8	Ribe	55k	
9	Bork Havn	75k	
10	Ringkobing	50k	
11	Struer	60k	
12	Thisted	70k	
13	Blokbus	80k	
14	Hirtshals	55k	
15, 16	Skagen	55k	
17	Fredrikshavn	40k	
18, 19	Goteburg	ferry	Sweden
20	Frillesas	70k	
21	Falkenburg	60k	
22	Bastad	70k	
23	Helsingborg	80k	
24	Elsinore	ferry	Denmark
25	Frederiksvark	55k	
26	Roskilde	65k	
27, 28, 29	Kobenhavn	45k	
30 Finis	Total	1260k	

Participants: (18) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Robert Miller, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Josie Zewiec, Sally Petersen, Emil Jensen, Theresa & Wendell Green, Carl & Joyce Dukeshire, Peter Kabel..

Waiting list (14); Chris Kabel, Dan & Jerry Baris, Sylvia Mather, Glen & Jean Smith, Sylvia Bailey, Wendy Pearson, Eleanor Bannister, Roy & Helen Goodchild, Dennis Parsons, Loreen Morling, Audrey Hayes..

Sunshine Coast, Vancouver Island & Northern Gulf Islands Tour - Diana & Al Lifton 250-468-5696

A 14 day camping with support vehicle tour tentatively scheduled July 15 - 28. Max 30; estimated cost \$325 plus ferry fares (approx \$70 for adults & \$40 for seniors); Cycling distance 700k

Deposit: \$100 due April 1 with the balance (\$225) due June 1 (the initial deposit is not refundable if the numbers drop below 25 after the tour is set to go)

Itinerary: Starting in Nanaimo, following the Island Highway as far north as Campbell River, with day or overnight trips to the following islands: Lasqueti, Denman, Hornby, Quadra, and Cortes. Ferry from Comox to Powell River; day trips to Savary and Texada Islands. South along the Sunshine Coast to Horseshoe Bay; day trip to Bowen Island and than back by ferry to Nanaimo.

Participants (30) Cathy McPherson, Joan Enman, Emidia Lepore, Bob Douglas, Charles & Jeannine Finnigan, Rick Jenks, Elsie Dean, Martine Donahue, Judy Jackson, Anna Markus, Roy Towler, Margaret Fyfe, Jack Smith, Don Reisinger, Yvonne Miller, Monty Peters, Keith Clothier, Jan Grove, Carl Rorison, Christina Radnai, Bruce Ross, Ray Merness, Vernon Patterson, Rose Tanchak, Al & Diana Lifton, Betty McCulloch, Roy & Helen Goodchild.

Waiting list (2); Sonja Joos, Donna Nicholas.

Peace River Tour. - Aug 23 - Sept 12

Ted Stubbs 604-321-2784

A camping with support vehicle tour of about 1100k with 14 cycling days. Cost between \$400 - 500. For those of you who don't know where the Peace River district is, its principal town is Dawson Creek which is the southern terminus of the Alaska Highway. It is a very picturesque area with superb vistas of both mountains and rolling farmland.

This tour will start in Dawson Creek; head east into Alberta -- Peace River -- down near Hi Prairie, back to Grande Prairie to Dawson Creek, to Ft St John, to Hudson's Hope, to Chetwynd and back to Dawson Creek.

Day 1	Dawson Creek		
2	Moonshine Lake	77k	*
3, 4	Dunvegan	69k	
5	Grimshaw	87k	
6, 7	Peace River	43k	*
8	McLennan	77k	*
9	West of Donnelly	100k	*
10	Dreamers Lake	85k	
11, 12, 13	Grande Prairie	91k	*
14	Hythe	59k	
15, 16	Dawson Creek	75k	*
17, 18	Ft St John	88k	
19, 20	Hudson's Hope	77k	*
21	Chetwynd	65k	
22	Dawson Creek	100k	

Total 1100k

The days off are not definite, they could change, as could the campgrounds, but this is very close. The (*) indicates known showers, there are others available.

Participants: (12) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Martine Donahue, Andre Milaire, Roy Towler, Christina Radnai, Ian Polley, Joan Thompson, Bruce Ross.

VANCOUVER WEEKLY RIDES

Sundays: Meet at 10 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie).

Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Editor's note: Shaftebury ride. on Dec 22.

Tuesdays/Thursdays: Meet at the Community Centre in Ladner at 10 am. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

VANCOUVER ISLAND WEEKLY RIDES

Victoria:

- **Sundays:** Meet at 9 am at the Muffin Break, Burnside. Contact Dennis Parsons 995-1291 or Carl Dukeshire (Duke) 658-2696.

- **Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

Nanose/Parksville

- **Thursday:** Meet at 10 am at Nanose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

ALTERNATIVE RIDES;

The 4th annual B.E.A.R. ride. By popular request being repeated for the 4th time. Chuck Dick - 604-261-5092.

The ride will take place on January 1, 1997 (weather permitting). The past 3 years have had pleasant weather but if in doubt phone me early. We meet at the Peace Arch Crossing and leave our cars in the parking lot across the road from Canada Customs around 8:45 am and leave "promptly" at 9 am.

Our itinerary takes us to Birch Bay, Ferndale, Bellingham, Fairhaven (usually lunch at the Colophon Cafe but we have a choice since there is a new one across the street) and return via Bellingham to Northwest Avenue and a pleasant slightly shorter, perhaps more hilly route home arriving back at the Customs around 4 pm. A detailed itinerary fairly accurate in mileages and maps is given to each participant. The trip is 65 miles (approx) and is done at a recreational pace but you have maps and you can tear off if you wish or possibly throw in a few extra loops - your choice - but the rest of us will putter and chatter. Please phone to indicate if you are interested.

B.E.A.R. ride - Bellingham Eat And Retreat. Since we go to Fairhaven actually some people say it should be renamed the F.E.A.R. ride. For those having had a tough New Year's Eve, that may well be appropriate.

Shaftebury Christmas - December 22.

This event is geared towards raising awareness for the Greater Vancouver Food Bank and to promote cycling in a positive manner.

The ride; will begin at 12:30pm at the Plaza of Nations. The route will follow the False Creek bike path, proceed to Gastown, go along the waterfront and follow the sea wall around Stanley Park. Riders will then head back to the Plaza of Nations. Marshals, first aid and mechanical support will be distributed along the route. There are only two things required to participate in this ride. A donation to the food bank and imagination. There will be prizes for bike and body decorations.

The Christmas party; Will take place at Maverick's at the Plaza of Nations at 4pm. There will be no cover charge but voluntary cash donations to the food bank would be appreciated. All cyclists are invited to attend and the Shaftebury Organization has asked all bike clubs to actively participate. There will be a valet service where you can leave your bike safely. For \$2 you can check your bike, which includes a picture of you, your bike and Santa.

