

NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 01

Jan 1997

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

1997 CCCTS COMING & NEW EVENTS FEBRUARY

- Slide Show: Cycling in Italy and Japan,
Tues Feb 11, McKee House, Ladner
following the Ladner ride's monthly
birthday dinner. For details see 'Slides'.

APRIL

- Annual Spring Social Apr 30 at the
Tsawwassen Community Centre

PRESIDENT'S CORNER

Our annual wintery weather put a crimp in our holiday cycling plans but gave us a chance to enjoy the white Christmas which we understand that the rest of Canada usually celebrates! The snow did slow us down and give us a different perspective but it was lovely.

Marion Orser has been wrestling with a new waiver for sometime and now has produced an acceptable copy. All members will be required to sign waivers each year when they re-new their membership and for each tour in which they participate, similar to most outdoor sporting clubs.

We had a fairly lively discussion about 'CANBIKE' skill courses and how we could or should be involved. It was decided to offer to reimburse any club member for half of their fee upon successful completion of the course **providing** they applied their newly acquired skills to benefit other club members.

Another topic which came up at the AGM was the question of having the office staffed at some particular time in order to provide the option of phoning and having personal contact. The idea of hiring someone to man the phones at a particular time was vetoed, however, we have purchased a new answering machine and are purchasing a 'FAX' machine which should help to alleviate the problem. Marion Orser has volunteered to handle specific concerns from members.

The ongoing problem for remuneration for tour leaders in some form or other has once again raised its ugly head and has been referred to a sub-committee for a lasting resolution.

The Club membership continues to grow and this is reflected by the early and heavy response to our tours which fill up quickly. This is another way to urge you to sign up soon or you will miss out on some great events.

There is still room for more tours so get your thinking caps on to decide where you would like to go.

EDITOR'S NOTEBOOK

We hear that two of our members, Bill Hannan and Audrey Elash, were married in a small civil ceremony in Calgary on Dec 7 '96. We wish you a long and happy life together.

I received an article from Dennis on his New Zealand tour which will be published next month.

LETTERS TO THE EDITOR

Tour Leaders

At the recent Annual General Meeting, the subject of compensation for tour leaders was raised and a motion to that effect moved. The motion was swiftly killed on the grounds that it would contradict our constitution. This was indeed a pity, because it also killed discussion of a problem which has beset us for some time.

Membership is growing, while the number of tours is not. Some tours are filled to overflowing soon after they are announced. We need new leaders to step forward to help run more tours. What should we do about it?

The relevant portion of our constitution says (and rightly so), "...nor shall it (the Society) distribute any gain, profit or dividend to its members."

Gain, profit or dividend is a grey area. Several directors receive travel expense for directors' meetings. Directors get coffee and cookies at such meetings. It is well known that some members have received tour compensation. For example, a member driving a support vehicle to or from the start or end of a tour, has sometimes received an allowance for accommodation. Some leaders have received compensation for exploration expenses. It is now generally agreed that if a leader is to receive compensation for this sort of thing, the participants should know about it at the time that they sign up. But is this the best that we can do, while still avoiding the slippery slope?

What if a successful tour leader should get a free membership for a year. Is this "gain..."? Is it "gain..." if a tour leader should be a guest at all meals? Is it "gain..." if a tour leader should get free accommodation on motel tours? More precisely; is it the Society's "gain, profit or dividend" being distributed? I believe a brace of lawyers might argue about this and not come to a satisfactory conclusion.

And just another point to make the matter muddier. Money paid for tours belongs to the participants. The Society looks after that money for them during the collection stage. Are we then distributing "gain, profit or dividend" from the Society?

So what do you, our readers think?

John Peck

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Need to agree on change

At the 1996 AGM of the CCCTS I proposed an amendment to our constitution which could reduce the tour fee for any tour leader.

This was argued by Martin McCready in that this proposal was contradictory to the constitution. The tour leaders would then be "PAID" by this non profit society, and therefore this proposed amendment was unconstitutional. In 1986, Martin, a former CCCTS president, was the tour leader for the Cross Canada tour and his wagon master did not pay the \$1200 tour fee. By the definition above the wagon master was "PAID" an amount by the Club. Similarly for all other tours - when the wagon master is not assessed the tour fee by definition above, the person is being "PAID". It is acknowledged that both persons are essential to any tour, just their job description is different.

What to do? Does the Club collect unassessed tour fees or recognize and "pay" other tour leader personnel? This "black is white, white is black" situation has to be addressed. *There is a need to agree on change!*

In this vain, the directors have established a committee to examine this "need". If you have any thoughts for a solution contact Ted Stubbs, John Peck, Joan Enman or myself. There is a need to agree to a change!

Barton Howes

Editor's note: Barton has asked me to print a note indicating that the mention of Martin is not meant to discredit either him or his decisions. Barton discussed this matter with Martin and says that he (Martin) agrees that it is a "sticky wicket" and has to be addressed.

NEW MEMBERS

Welcome to the following new members:

Colin & Lorraine Campbell

5186 Whitworth Cresc Delta, BC V4K 1A9
604-946-5555

Leo LeCouteur

945 164A St Surrey, BC V4A 8N1
604-541-9150

Tom Fiebig & Lyn Rawlinson

1913 6th West, Seattle, WA, USA 98779
206-284-2147

Total members 405

TOURS MEETINGS - Marion Orser; Tour Coordinator

This is an invitation for you the member to become involved in planning our shorter tours for the year. We have had successful "Stay at Home Tours" the last couple of years in the Vancouver area. In the

Victoria area, day trips such as the "Hurricane Ridge Ride" are annual events. As well there is the Gabriola trip and the Saltspring Island trip.

Notice for these trips has often been short. Let's sit down together and plan such rides, as much as possible, at the start of the year.

I feel there may be an interest in more of these "Ride from Home" events but without calling a meeting, or inviting your suggestions, we will not know. We could also discuss billeting.

Sooo-- two meetings are being called. I will attend both and coordinate results. Horst Hees and I will also take your phoned, written or verbal suggestions to the meetings. I do suggest, however, the best method to find out what's happening and to have input is to attend.

Victoria area: Wed, Feb 26 at MacDonalds near the Waddling Dog 11am.

Vancouver area: Thurs, Feb 27 at the CCCTS office at 10am.

PS: I am not available until Feb 22.

SLIDES - Mary Eichkoff

Following the Ladner ride's monthly birthday dinner at Ricky's on Tues, Feb 11 come to the Senior's Rec Centre, McKee House, 4705 Arthur Dr, Ladner (adjacent to the Community Hall and pool parking).

Ron & Janice Pickerill will share their experiences of cycling in Italy; hopefully Margaret Hunter & John Hickman will add some from the foursome's tour in Japan.

Enter McKee House through the side door on 47th Ave.

LADNER RIDE CHRISTMAS LUNCH - Janice Pickerill

On Tuesday, Dec 17th, thirty-four of us met at Katryn Jeronimus' pleasant home for a Christmas party and luncheon. Half of us cycled there, so we arrived with Rudolph-red noses and cold fingers and toes. Santa Al handed out small gifts, then we attacked a feast of 4 pans of lasagne, bread, vegies and fresh cakes. Thanks to Katryn for the use of her home, to Al Hollinger for the great lunch and to Faye Wilson and Barton Howes for the food preparation.

THIS 'N THAT

Happy New Year --- could it include a summer in Victoria?

My place is available while I am cycling in Europe (May to October '97). It is suitable for 3 or so - \$680/mo. 250 389-1152 - Horst Hees.

If anyone has left tires or other personal items in the office please have them picked up as soon as possible - Barton Howes

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A penny saved is ridiculous - Cathy Mcpherson.

CLEANING GORTEX - Rowan Ley

The recommended treatment for Gortex clothing by Mountain Equipment Co-op is to use a powdered soap and very hot water in a washing machine, being sure to rinse out ALL the soap. This should be followed by using a hot dryer to seal the material. Be sure to wash your jacket often as dirt will reduce the waterproofing.

To remove pitch, put your jacket etc in a deep freeze for 24 hours then scrape it off, followed by the above washing and drying procedures..

Do not use solvents or alcohol as it will damage the material.

ANOTHER 'FLAT' STORY

Christina Radnai

Someone, I recall, wanted another 'flat story'! This is also a tribute to a high-quality inner tube.

When I decided to tour across Canada I got new inner tubes and new outer tubes, I even got 'tuffees' and new this and new that, altogether really quite staggering amounts of both. All this for my near-new bike on which I had trained for 1500 plus kilometers.

When we set off we experienced the Rockies, the flats, the hills, some with and some without trees and some with and some without bugs, than lakes and more hills, sometimes quite steep. We assembled and disassembled tents, at times we plain disassembled, we also cooked, found faucets and washrooms, and, at special times, even had lunch.

After a special lunch (with raisins as treats) on the steps of a little white building I noticed that my rear tire was low. Not to worry, with me was a friend who had all the necessary do-dahs and knew what to do with them. No visible hole on the inside of my tire and no puncture to be spotted on the outside, also not a mark on my tuffee; we checked all and everything again and concluded eventually, it was really quite plain to see, once we looked at the right spot in just the right way: my inner tube had gotten a bit of a thin spot, it had become thinner and thinner and, just like my favorite old sock, finally had given out/up, sprouted a hole, and there it was: after 9000 kilometers or so - I had a flat! This took place while we enjoyed lunch on a hot and sunny day with breathtaking views. It was my only flat all the way

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across Canada, and I am naturally, quite proud and rather fond of this - my special memory.

Editor's note: As I recall, the article in question was by Dennis Parsons and was about setting the record for the most flats. Christina has just thrown out a challenge for the least flats! Is there anyone out there who can beat her record?

ARIZONA TOUR - Rowan Ley

I would like to pass on a few of what were, for me, some highlights of the Arizona tour.

- my partner Jean watering roadside plants in a convenient culvert only to discover she was sharing the immediate area with an enormous Diamond Head rattler which must have been 6 feet long.

- the very next day Jean was again performing her watering duties when she let out a screech when a road runner jumped out almost from under her feet.

- having a superb fresh salmon meal in the small village of Bisbee in the wilds of Arizona.

- ordering turkey on the menu in a Denny's restaurant along with 5 other members (it looked so good on the menu), only to find out it was reconstituted turkey and tasted like how I imagine salted damp particle board would taste

- cycling in 92 degree weather on the first two days and cycling in freezing early morning desert weather when we left Douglas.

- how it rained 5 minutes after arriving back in Phoenix after completing the whole trip in sunshine.

- of the good Samaritan who, after being flagged down, took one of our injured members and his bicycle, first to a nearby town for medical treatment, waited while it was done, and then took him to a hospital in the town where we were over-nighting. It was the first time he had met any Canadians and felt it was the least he could do.

- and then there was the hard boiled Arizona policeman who did a 'U' turn with sirens screaming to tell some of our members that our buddy was OK.

- of the hard work done by Bernice and the super lunches that she provided for us.

Thanks Bernice for giving us the opportunity to participate and I hope that a club member will come forward to continue the opportunity that you have provided us for so long to tour Arizona.

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.

- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

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

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 (10): Bill Hook, Barbara Faulkner, Dennis Parsons, Bruno & Cathie Friegang, Frank Jacobsen, Sherie Croft, Al & Diana Lifton, John & Doris Drinnan.

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. The rides include desert, farmland, rivers, lakes and mountain passes.

Updated costs - including 11 nights, 3 meals and one night in a motel during the winery tour. Credit will be given for our out of pocket costs for any

unused nights. Some rides will start up to 50 miles from the RV park.

Camping \$110 per person; RV per person double occupancy \$160; each additional person \$110. RV single \$220; Teepee with concrete floor \$160 per person for the minimum of 5 people, each additional person \$110 for up to 10 people; Motel per person double occupancy \$370. This is an estimate. There are other options. Please state your preference when sending your deposit. A non-refundable deposit of \$15 Canadian is due by March 1 with your accommodation requirements. This is very important for RVs and motels. The balance is due by April 15th. All costs, other than the non-refundable deposit, are in American funds.

Maximum participants - 50.

Participants: (50) Dan & Jerry Barris, 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, Eleanor Bannister, Theresia 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.

Waiting List (18); Mary Goulding, Ernie Schmidt., Ron & Janice Pickerill, Andre & Freida Kaufmann, Wendy Pearson, Bill Hook, Barbara Faulkner, Brenda Borron, John & Zel Harvie, Chuck & Lynn Dick, Tom & Wendy Sandor, Leila Montgomery, Lee Kraft.

Denmark/Sweden; June 1 - 30 '97

Rolf Petersen 250-384-6804

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: accommodations, including breakfast (lunch & dinner not included) and shipping between islands, Denmark and Sweden \$1600, payable by March 15th. Participants to make their own travel arrangements to Copenhagen. Group rates are being looked into.

A \$100 non-refundable deposit payable to CCCTS was required by Jan 1.

Meetings will be held for:

Vancouver participants at 2 pm on Thursday Jan 30:
Jim & Shirley Mae Jeffrey's home
233 Morning side Drive, Delta
604-943-0924

Victoria participants at 2pm Tuesday Jan 28th:
Rolf Petersen's home
2880 Murray Dr, Victoria
250 384-6804

Participants: (22) Rolf & Sally Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Emil Jensen, Theresa & Wendell Green, Carl & Joyce Dukeshire, Dan & Jerry Barris, Sylvia Mather, Dennis Parsons, Glen & Jean Smith, Audrey Hayes..

Waiting list (12); Robert Miller, Josie Zewiec, Peter Kabel, Chris Kabel, Glen & Jean Smith, Sylvia Bailey, Wendy Pearson, Eleanor Bannister, Roy & Helen Goodchild, Loreen Morling.

Editor's note: Participants include members who paid the \$100 deposit by the Jan 1 deadline. There will only be the one tour.

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 (14); Sonja Joos, Donna Nicholas, Mary Eickhoff, Jean Richards-Carter, Robert Helms, Brian Lamb, Josie Zewiec, Bill Hook, Barbara Faulkner, Robert Miller, Mary Yaremovich, Art Borron, John Peck, Leila Montgomery.

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.

The detailed itinerary was published in the Dec '96 Newsbrief.

Participants: (22) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Martine Donahue, Andre Milaire, Roy Towler, Christina Radnai, Ian & Inge Polley, Joan Thompson, Bruce Ross, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman, Frank Weber, Olive Balabanov, Ann Miller, David & Truus Clark.

Baja; tentative date 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: (28) Barton Howes, Faye Wilson, Leila Montgomery, Joanne Hamilton, Peter DenBoer, Vernon Patterson, Robert Curr, Augusta Lee, Jean & Glen Smith, 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, Bill Hook, Barbara Faulkner.

Waiting list (3); Margaret Hunter, John Hickman, Ann Miller.

Arizona - November '97.

Due to a lack of a leader forthcoming this tour has been re-scheduled for November. Hopefully by that time we will have a leader.

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 TOURS

Coast to coast by bike sponsored by Tour du Canada, a non-profit corporation

Total distance 7,200k

- number of riding days - 55

- number of rest days - 11

- average age of riders: Typically mid- 30s

- age range of riders to date: 15 to 68

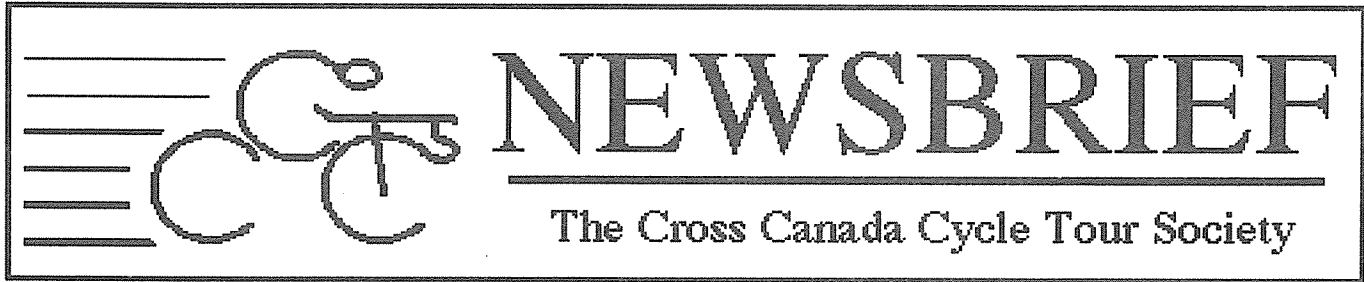
- start date in Vancouver: June 25 '97

- finish date in St John's Nfld: Aug 30

For more information go to the CDC web site at: <http://fox.nstn.ca/-velo/> or for 'snail' mail contact Tour du Canada, 38 Acacia Road, Toronto ON, M4S 2K5, Canada.

May the New Year offer you great cycling with the opportunity to meet new companions and to visit new places.





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**1997 CCCTS COMING & NEW EVENTS
 APRIL**

- Annual Spring Social Apr 30 at the Tsawwassen Community Centre

PRESIDENT'S CORNER

Hurrah! The groundhog was not able to see its shadow on Feb 2 so spring is only six weeks away; time to rustle out your bicycles and start thinking about which of our great tours you will participate. Don't delay, they fill up fast! More are being

suggested for the future, some very highly imaginative.

I believe we have finally put to rest the continuing question of compensation for tour leaders or for any one else on tour. Submissions were received from Marten McCready, Gerry Sutherland and Keith Clothier and a report was submitted from a special sub committee. After heated discussion the following was resolved:

- Monies received from any member for a tour belong solely to the tour account. That is, they are separate from the regular Club finances and are controlled by the tour leader and tour participants with the assistance of the Club treasurer.
- It is recommended that the tour leader have another tour member assist with or be a controller for the tour funds.
- No tour fees are to be fully or partially waived except for the wagon master in which case this fact must be known to all participants well before the tour.

The Ottawa Bike Club mailed us some interesting information regarding a decision made by the province of Quebec not to require cyclists to don helmets when riding their bicycles. The decision was based on the problems police would face effectively enforcing the law and the opinion expressed by numerous interest groups that there is still room to increase voluntary helmet use through education. This is interesting as it has been the experience in BC that the helmet law is almost unenforceable due to a multitude of exceptions that have arisen since the act became law.

EDITOR'S NOTEBOOK

I had intended to include an article on some interesting general information on cycling in this Newsbrief but unfortunately left them at home which is over an hours drive so thought I would wait until next month and include a few comments on leading tours in lieu thereof.

With ever increasing membership and the resultant greater demand for tours it is inherent that we

expand our base of members willing to lead tours. Over the years the Club has depended on a limited number of members to lead their tours. People such as John Peck, Ted Stubbs, Bernice Gregory, Diana & Al Lifton, Bob Douglas, Rae Wohlschlegel Shirley Fisher, and Dennis Parsons who have been with the Club for many years were still leading tours last year. We also have had quite a few of our newer members lead tours such as Barton Howes, Bill Hook, Jim Jeffries, Dan Barris, Felice Bennekou and Rolf Petersen Without the effort of these members and any of the others that I might have overlooked we would not be able to provide the tour opportunities now available to members. Bernice has indicated that she is no longer able to run her very successful annual Arizona tour and we need someone to undertake the job if we are to continue having it in the future. To continue to have a viable club we depend on new members willing to become leaders.

So what is involved in running a tour? How much work is involved? There is no question that running a new tour involves quite a bit of preparatory work which primarily consists of being familiar with the area in order to determine reasonable daily distances and availability of campsites, hostels and motels etc.

However, if you choose to repeat past successful tours a lot of this information is already available.

Once the daily distances and accommodation has been determined and reservations made the following basic functions must be attended to.

- arrange for a support vehicle which is done through the Club - no problem as there is all sorts of direction available
- arrange for stocking the support vehicle - again, no problem - lots of help is available
- arrange for a support vehicle driver if applicable
- once the tour is underway arrange for individual participants to be responsible for specific functions such as:
 - tour finances
 - looking after refreshments for the Social Hour (a very important function)
 - captains of cooking teams if applicable
 - setting up and taking down the cooking tent if applicable.

In other words a successful tour leader restricts his or her functions to ensuring things run smoothly. Following are some of our past North American tours on which data is available:

- 3 BC tours ranging from 27 to 45 days
- 8 day Sunshine Coast & Vancouver Island tour
- 11 day Okanagan Circle tour
- 10 day Okanagan Fall tour
- 13 day North Okanagan - Kootenay Loop tour
- 14 day Cascade Loop tour
- 29 day Canadian Rockies tour
- 11 day Rocky Mountain Triangle tour
- 28 day Northern BC tour

- 24 day Haida Gwaii tour
- 11 day Georgia Strait tour
- 32 day Gaspé Peninsula/PEI tour
- 17 day Dempster Hwy tour
- 35 day Pacific Coast to Santa Barbara tour
- 6 day Grand Canyon tour
- 12 day San Juan Island tour
- 45 day Great Divide (USA) tour
- 17 day Utah's Canyon tour
- 20 day California Wine Country tour
- 32 day New England Fall tour
- 11 day Central Washington Dam tour
- 14 day Southern Arizona tour

Details are also available for many of our foreign tours including Hawaii, New Zealand, Australia, Europe etc.

Being a tour leader can be a very satisfying experience which, other than ensuring things are running smoothly, should not require a great deal of effort on your part once reservations have been made. Think about it and what you can do to help to provide reasonably priced touring opportunities for our members.

LETTERS TO THE EDITOR

I would like to reply to Barton Howes' comments in the last Newsbrief regarding our driver being paid or given a free trip on the 1986 Cross Canada Tour. I would have thought the distinction between driver and cyclist would be obvious to all. First of all, since we are a club enjoying bicycle related activities, all members pay the expenses of a cycle tour on an equal basis. When we have good hearted souls volunteering to drive the truck for us, the drivers, of course, are not participating in the enjoyment of cycling over the route. Why then should they be expected to pay the costs of an activity in which they are not participating? We are lucky to have them perform this service solely for our pleasure. The tour leader, truck renter and outfitter, equipment collector, kitchen team leader, bicycle repairman, and all others on the tour are able to do their volunteer service and still cycle over the route. It is they who should pay the costs for the tour's purpose. The driver is the only one who must forgo this pleasure. If a tour leader, for example, also volunteered to drive the truck as well as organize the tour, then we have one of those rare individuals who is willing to do all this work strictly for the pleasure of the cycling participants. Of course this tour leader acting as truck driver would not be required to pay a share of the tour because he or she is not taking part in the cycling. I am surprised that this activity is even questioned. We get so much for so little from our volunteer drivers.

There is another aspect of this truck driving job that is worth mentioning. Our driver did not drive the truck back from across Canada. We toyed with

the idea of having a truck going one way. Budget would accommodate us by having an employee flown to Halifax to drive the truck back at our expense. This was not a good deal for us. Our members could easily bring the truck back. But should the member driving the truck back be paid? No! Of course not! They have been part of the cycling group and this is a volunteer job. In fact, our volunteer drivers recognized they would be saving the fare back to Vancouver and since the train and bus fare was about \$300, this amount could even be called a financial benefit for them. But being mindful of our rules, our volunteer drivers agreed to pay this amount they saved into the club funds. They even improved on this a bit by going to an auto wrecker and buying a seat belt for \$25 and installing it between the seats of the cab. They set up a box and a cushion and asked Anne Ives if she would like to join two very congenial gentlemen on a trip back home in the truck. She agreed and also donated her fare to the club. So instead of the truck rental company paying a driver at our expense, the truck actually earned an extra \$900 which greatly reduced the truck expenses. I don't know what other tour leaders do in this case and I really don't care but these drivers were all Board members and interested only in the good of the club and not interested in receiving a financial benefit. And, of course, the money left over was returned to the tour members.

When Barton mentioned that the question of tour leaders being subsidized was a "sticky wicket" and should be addressed and that I agreed with him is not quite true. There is a little misunderstanding here. If he had said "finalized" instead of "addressed", I would tend to agree. I thought his resolution presented at the last AGM which was ruled out of order because it conflicted with our rules did finalize the matter. As we all work for the good of the club on a volunteer basis and share equally in the financial costs of any activity be it a tour, banquet, picnic, or whatever, there is no logical basis for anyone getting a financial subsidy. This is our policy and also our directive as outlined on our charter. The question has been addressed and answered and surely there is nothing more to said in this regard.

Marten McCready

Editor's note: This letter was addressed to the editor. Martin sent an additional letter to the Club outlining his opinion as to whether a tour leader should be reimbursed.

NEW MEMBERS

Welcome to the following new members:

George Andrew
456 Third St, Courtenay, BC V9N 1E5

Thomas Barocan
4119 N 37, Tacoma, WA, USA 98407-5610
206-752-9878

Gordan & Helen Chapman
7 Cumberland Dr, NW Calgary, AB T2K 1S8
403-282-2682

Tom Hocking
465 Thetis Drive, RR2 Ladysmith, BC V0R 2E0
250-245-7460

Dora Ellis
1435 Griffin Drive, Courtenay, BC
250-338-9751

Gordon & Sonie Kennedy
1741 Woodvale Ave, Coquitlam, BC V3J 3H3
604-937-7072

Indu Lohia
406-1465 Comox St Vancouver, BC V6G 1N9
604-662-1507

Brian & Myrna Pollard
3419 Varna Cres NW Calgary, AB T3A 0E7

Mary Remedios
430 East 48th Ave Vancouver, BC V5W 2E5
604-325-0027

George B Wilson
7185 Cliff Road, West Vancouver, BC V7W 2L3
604-921-9448

Total members 415

SLIDES - Mary Eickhoff

Heartfelt thanks to Ron and Janice Pickerill, Margaret Hunter and John Hickman who braved the nasty weather elements after the February Ladner birthday dinner to present a spectacular selection of their bicycle tour slides.

Ron and Janice led off with scenes of Tuscany and Sardinia followed by Margaret's narration of John's images from the island of Honshu and the south islands of Japan. The images they projected and the hospitality and experiences they described would motivate anyone with a cycling itch to sign up if these were offered as CCCTS tours. The question now is, when?

I had hoped to organize another slide or video program at McKee House in Ladner to follow the March birthday dinner but there are complications. We may be able to surmount them if we have the support from members of the Ladner Senior's Society. If interested please call me at 535-2513

THIS 'N THAT

Wanted - travelling companion to share hotel expenses on a cycling tour of Southern France with a small group departing April 23 '97 and returning June 3. Contact Monty Peters at 604-942-8378.

88888888888888888888888888888888

Obstacles are those horrible things you see when you take your eyes off your goals.

Henry Ford

NOTES FROM NEW ZEALAND - Dennis Parsons

Most of the group (11) have left in a van driven by Karl, to visit Arrowtown and Queenstown before carrying on to Milford Sound. They will stay overnight so I get two days off.

Lisa Brooks broke her ankle while climbing at Lake Tekapo. A Maori lady with a big comfort van befriended us there and has been caring for Lise and carrying our panniers since we left. This beautiful person has interrupted her holiday to look after us.

Right now, with the others gone, she is with Harry Tingley and Rae being given a tour to Alexander by another good Sumaritan. The friendliness of the people here overwhelms one.

We're occupying cabins and tents while here but the Camp operator is not charging those who will be away for one night even though all the bikes are stored in the cabins occupied by one person each.

We rode into Gwaldine (?) with a tailwind, we rode along a canal for 50k on our way to Omarama (?) from Tekapo and crossing Lindis Pass we had only two brief hills to climb then downhill and a gale to blow us into this town (107k). Tell all those who were on the J.P. x 2 Tour (John Peck & John Phillips) - they will hate us, they did it the other way
Happy New Year to all.

Editor's note: Dennis also wished us a Merry Christmas but as he will be home from his extended trip deep down south and in Hawaii by the time you read this I thought I better stick to the New Year

MORE ABOUT FLATS - Rowan Ley

Carrying on from last month, I would like to give an example of a most inconvenient situation to have a flat. I was in England and was just finishing a long solitary, fully loaded day, cycling from Monmouth in Wales to Cirencester in England. The long days ride culminated in a very steep, very long hill which ended up on an old Roman road with virtually no shoulders and heavy fast moving traffic. It was getting dark, a darkness that was hastened by

heavy storm clouds. In the distance I could hear the crashing of thunder and see brilliant flashes of lightening. I was exhausted and anxious to reach my destination before the approaching storm could vent its fury on me. Have you got the picture? Then it happened, a couple of miles from my destination I had my first flat tire in over 3000 kilometers. In a panic nearing hysteria, I jumped off the bike and hastened to replace the tube, while keeping a wary eye on the approaching storm and the never ending traffic flying past me a couple of feet away. Just as I finished fixing the tire the storm hit with all of its fury, heavy rain, driven by furious gusts of wind had me soaked in seconds and someone seemed to turn off the lights except for the vivid flashes of lightening. I don't know whether I shook more from the cold or from the feeling of apprehension from the thunder as the ground shook under me. However, I would persevere and jumped on my bike only to find that my other tire was now flat! which meant having to repair the tube as I no longer had a spare. No words can describe my feeling of despair and frustration. Fortunately our survival instinct enables us to get through these challenges and I eventually got the job done and was able to proceed to my destination in the dark with my lights buried in my soaking wet panniers. I was just too cold, wet and exhausted to mount them.

Editor's note: If you have any biking experiences that you would like to share with us we would love to hear 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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
 - be in proper physical condition to undertake the tour and have your bicycle properly maintained.
- For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 CCCTS TOURS

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. The rides include desert, farmland, rivers, lakes and mountain passes.

Updated costs - including 11 nights, 3 meals and one night in a motel during the winery tour. Credit will be given for our out of pocket costs for any unused nights. Some rides will start up to 50 miles from the RV park.

Camping \$110 per person; RV per person double occupancy \$160 (\$320 for 2); each additional person \$110. RV single \$220; Teepee with concrete floor \$160 per person for the minimum of 5 people, each additional person \$110 for up to 10 people; Motel per person double occupancy \$370. This is an estimate. There are other options. Please state your preference when sending your deposit. A non-refundable deposit of \$15 Canadian is due by March 1 with your accomodation requirements. This is very important for RVs and motels. The balance is due by April 15th. All costs, other than the non-refundable deposit, are in American funds.

Maximum participants - 50.

Participants: (50) Dan & Jerry Barris, 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, Eleanor Bannister, Theresia 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.

Waiting List (24); Mary Goulding, Ernie Schmidt., Ron & Janice Pickerill, Andre & Freida Kaufmann, Wendy Pearson, Bill Hook, Barbara Faulkner, Brenda Borron, John & Zel Harvie, Chuck & Lynn Dick, Tom & Wendy Sandor, Leila Montgomery, Lee Kraft., Bruno & Cathie Friegang, Joan Engman, Doug White, Pablo Bleiker, Carl Rorison.

Denmark/Sweden; June 1 - 30 '97

Rolf Petersen 250-384-6804

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 Sweden \$1600, payable by March 15th. Participants to make their own travel arrangements to Copenhagen. Group rates are being looked into.

A \$100 non-refundable deposit payable to CCCTS was required by Jan 1.

Participants: (22) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Sally Petersen, Emil Jensen, Theresa & Wendell Green, Carl & Joyce Dukeshire, Dan & Jerry Barris, Sylvia Mather, Dennis Parsons, Glen & Jean Smith, Audrey Hayes.

Waiting list (5); Eleanor Bannister, Roy & Helen Goodchild, Loreen Morling.

Editor's note: Participants include members who paid the \$100 deposit by the Jan 1 deadline.

Northern Gulf Islands Tours

Because of the number of members on the waiting list for the this tour, we have decided to offer a second tour, same itinerary but different leader and dates. John Peck has offered to lead the second group.

Tour 1 -- Diana & Al Lifton 250-468-5696; July 8 - 21

Tour 2 -- John Peck 604-538-0195; July 22 to Aug 4.

Maximum 30 on each tour; estimated cost \$325 plus ferry fares (approx \$70 for adults & \$40 for BC seniors); cycling distance 700k. Deposit \$100 due April 1 with the balance (\$225) due by June 1.

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; end of tour.

The truck will carry on to the Club office to unload Tour 1 bags; pick up Tour 2 bags and supplies; and then carry on by ferry to Nanaimo. The truck will be at the ferry the following morning, July 22, to start the second tour.

The first 26 names in the tour book have been scheduled on Tour 1; the remaining 25 on Tour 2. This grouping is flexible. If you prefer to be on the other tour, just phone John Peck or the Lifton's -- not necessary to give a reason. We want to keep both groups similar in numbers, with neither group going over 30. If your request puts that particular group over 30, you will be on the waiting list for that group. Should the numbers exceed 60 by more than a very few, we will have to consider scheduling yet another tour.

Participants Tour 1 (26); 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, Yvonne Miller, Monty Peters, Keith Clothier, Carl Rorison, Bruce Ross, Art Borron, Robert Helms, Rose Tanchak, Al & Diana Lifton, Betty McCulloch, Jean Horrocks, Thom Duck.

Participants Tour 2 (26); Jan Grove, Ray Merness, Vernon Patterson, Roy & Helen Goodchild, Sonja Joos, Donna Nicholas, Jean Richards-Carter, Brian Lamb, Josie Zewiec, Bill Hook, Barbara Faulkner, Robert Miller, John Peck, Leila Montgomery, David & Virginia Brown, Victor dePaul, Frank Weber, Brian & Myrna Pollard, Joan Engman, Jack Smith, Don Reisinger, Dora Ellis, Eleanor Bannister.

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.

The detailed itinerary was published in the Dec '96 Newsbrief.

Participants: (29) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Martine Donahue, Andre Milaire, Roy Towler, Christina Radnai, Ian & Inge Polley, Joan Thompson, Bruce Ross, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman, Frank Weber, Olive Balabanov, Ann Miller, David & Truus Clark., Yvonne Miller, Josie Zewiec, George Andrews, Victoria Bernhardt, Jean Horrocks, Rolf & Sally Petersen

Baja; tentative date Oct 10, '97 - Nov 11
Barton Howes 604-378-0927

This may have to be postponed 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!

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: (28) Barton Howes, Faye Wilson, Leila Montgomery, Joanne Hamilton, Peter DenBoer, Vernon Patterson, Robert Curr, Augusta

Lee, Jean & Glen Smith, 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, Bill Hook, Barbara Faulkner.

Waiting list (12); Margaret Hunter, John Hickman, Ann Miller, Zel Harvie, Chuck & Lynn Dick, Jean Horrocks, Dan & Jerry Baris, Ann Miller, Eleanor Bannister.

Arizona - November '97.

Due to a lack of a leader this tour has been re-scheduled for November and is still on hold until a leader can be found.

Leading this very popular tour involves taking responsibility for the tour. It does not need to involve a heavy work load for the leader. Bernice Gregory has offered to make the reservations and others are available to work with a new leader to develop the itinerary.

VANCOUVER WEEKLY RIDES

Sundays:

- **Vancouver:** 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:

- **Ladner:** Meet at the Ladner Community Centre 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

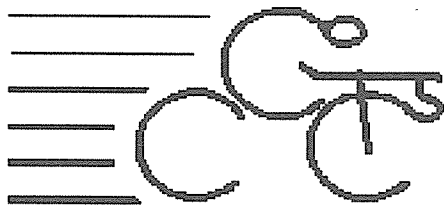
Victoria:

- **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



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 03

Mar 1997

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-7710
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
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923

1997 CCCTS COMING & NEW EVENTS APRIL

- Next Director's meeting Tues Apr 1
- The 8 days 'Around Victoria' tour April 21/28. Refer item under 'Optional Rides' in this Newsbrief
- Annual Spring Social Wed Apr 30 at the Tsawwassen Community Centre

MAY

- Victoria Picnic, Wednesday, May 7.

PRESIDENT'S CORNER

EXTRA! EXTRA! read all about our new and exciting tours for 1997 and 1998 in the Newsbrief. Even more opportunity for you to stretch your legs and your horizons by participating in those future events. Stay-at-home tours are a coming thing with Shirly Fisher, Horst Hees, Barton Howes and Theresia Keet all having great ideas for upcoming rides.

As you can see from the Newsbrief our tours are very popular so don't delay in registering. However, be aware that over-subscribed tours will honour those paid members from the waiting list over the original members who have not paid by the due date(s).

Don't forget to come to our *Spring Social on Wednesday April 30th* to get first hand information from the tour leaders about those tours in which you are interested.

We still have no answer to our continuing problem with coffee pots. Does anyone have a solution? Aluminum pots only last a few days - we need large (20 plus cups) stainless steel pots or a different way of brewing coffee.

Is there anyone out there willing to lead our November Arizona tour? There is very little planning work to do. Just take charge while down there. November is a great time to experience the warm dry Arizona climate.

New Waiver Policy

To drag you kicking and screaming into the 20th century (or out of) starting this month we are introducing a new waiver policy. Under the new procedures we will need a waiver to be signed yearly when your membership comes due as well as a waiver signed each time you go on a tour. Watch for the waiver enclosed with your Newsbrief and please sign and return it to the office with your annual dues. Your co-operating will really be appreciated.

EDITOR'S NOTEBOOK

Every winter is the time to really pay attention to your health and keep the cold and flu bugs at bay. The opportunity for hopping on your bicycle and getting exercise is really limited by the weather so staying in condition is much more of a challenge. And there aint much heat in the old sun's rays to pick up much of its energy. My way to protect myself and keep my imune system strong is to drink lots of liquids, get lots of rest and above all try to avoid stress. I also supplement my diet with a daily clove of garlic. At the first sign of a bug I expand my intake to include ginger tea, echinacea, and large doses of vitamin C. It seems to work for me and sure beats having to resort to prescribed drugs. I am sure there are many ways to stay healthy and would be interested in hearing about other recipes for good health.

LETTERS TO THE EDITOR

I wish to thank all those members that came out to our planning meetings for short tours. Your enthusiasm was wonderful, and as you can see by the newsletter, productive

Marion Orser

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I am a new member and a beginner cyclist who wishes to become more proficient. I am interested in cycling in Ireland in July and August. Please send me names of people who might be interested.

Ms Irene Hlousek
PO Box 1447
Zillah, WA 98953

Editor's note: Being a volunteer organization we do not provide this type of information. However, any member who is interested in joining with Irene should contact her.

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In the January Newsbrief you asked for thoughts concerning compensation for tour leaders. Thoughts follow:

1. The prohibition is either because of our Constitution or because of the Societies act.
2. If it is the Constitution, could not the matter be discussed, in the Newsbrief and at the Directors' meetings, voted on, and if resolved in favour of change then changes to the Constitution be made.
3. If the prohibition is in the Societies act there may be a grey area that needs to be clarified. I would therefore suggest that a letter be sent to the Minister responsible for the Act. The letter would set out the problem and ask for a ruling in favour of granting

some recompense to tour leaders. If a favourable ruling is received the procedure in #2 above could then be followed.

Dan Kennedy

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Like many members, I am somewhat confused by the recent articles in the Newsbrief concerning proposed compensation for tour leaders. We know Barton Howes' resolution at the last general meeting suggesting tour leaders pay only half the cost on tours was ruled out of order as it conflicted with our Constitution. Did this, then, end the question? Seems not so. As we now read in the last bulletin, Barton is still carrying on and feels there is a "need to agree on change" and a committee has been formed to address this issue. But the issue was addressed at the last meeting and rejected substantially. Then again, we read of another director saying there is "great empathy with the argument Barton presents." Empathy where? Surely not from the members at the last general meeting. Does this mean there are other members who were not at the meeting phoning in or writing expressing all this great support? If so, they have been very quiet about their wishes. And still another director writes in the Newsbrief that it was a pity that the resolution was swiftly killed because it prevented discussion of a problem that has beset us for some time. What problem? From the response of the members it was a problem that has beset only a very few. It's true in the past, we had a director who felt he should be compensated and he also had a small following but the answer to them was the same as it is today - our Constitution does not allow for personal financial benefits. Their strategy then was to try to change the Constitution and eliminate this restriction by presenting a resolution at the 1986 AGM to remove this clause. This resolution was overwhelmingly defeated and has remained a dead issue for the past ten years. The present question of Barton's introduced at the last general meeting was correctly handled by the members in their refusal to allow it to arise and become a problem. Therefore, what can this committee do now to get around our regulations that are such an important part of our charter?

We all must know that as a registered non-profit society, we are a legal entity and must abide by certain mandatory regulations set down under BC legislation. These regulations among others include a written declaraion in our Constitution saying we will not operate for profit, that no director will receive a remuneration for acting as a director, and that no member will receive a financial benefit. We are legally bound in every sense of that meaning to follow these directives. They are very clear. Simply put, it means that other than out-of-pocket expenses,

no tour leader can legally receive a cash payment for leading a tour nor can he have any of his normal expenses paid for either wholly or in part. Yet we now have a committee trying to find ways around these rulings in order to provide a means of having a tour leader's expenses paid for. How can they do this and still stay within the bounds of our Constitution?

I think this committee, if it proceeds with this question, will find its only recourse will be to remove the clauses in the Constitution that are a hindrance to paying out these benefits. To do this, since the clauses are mandatory, the club must first withdraw as a registered society and wrap up its affairs which will include the obligatory disposing of all our kitchen, camping, and office equipment either by sale or by donation to another non-profit society. Our bank account, after expenses are paid, must be sent to the Minister of Finance or else be given to a charity under the direction of the government department looking after these matters. It would mean the end of our club as we know it.

Fortunately, our members would not likely allow this to happen. Our club is valued as a great medium for those wishing to engage in the beneficial sport of bike riding with groups of friendly, supportive companions. And for those who offer their services on a volunteer basis, their rewards, although not monetary, will be great and satisfying. But for those few who crave financial benefits for what they do will find their desires thwarted by the rules of our charter and this unfulfilled wish will remain as was recently said, 'A problem which has beset us for some time.'

Marten McCready

Editor's note: The above two letters deal with compensating tour leaders. The committee referred to has been disbanded. This matter has been resolved by the Directors, at least for the time being, in that any compensation to be given in the form of waived tour fees is restricted to the driver of a support vehicle who does not participate in the cycling. I am sure that I speak for the majority of directors when I say that we are satisfied that this matter has now been put to rest.

NEW MEMBERS

Welcome to the following new members:

Ed & Roberta Campbell
2335 Evergreen Rd, Shawnigan Lake BC V0R 2W0
250-743-1220

Irene Hlousek
PO Box 1447, Zillah, WA, USA 98953

Sharon S Lindsay

952 Glyn Evans Ct Newark, OH, USA 43055
614-366-8911

Total members 427

FINANCES - Bob Douglas

Our accounts for the year ended October 31, 1997 have been audited, again by Josie Curtis. The Directors thank her for her efforts. An abbreviated version of the statements, to the nearest dollar, follow. Greater detail can be provided on request.

BALANCE SHEET AT OCT. 31/96

Assets		Liabilities	
Bank	\$41312	Trip funds	38934
CSB's & GIC's	37000	Prepaid Dues	4400
Accrued interest	1021	Banquet prepayments	529
Deposits, prepayments	1422	Due members & accounts payable	16
receivables	109	Equity	<u>50485</u>
Equipment at cost	<u>13500</u>		<u>94364</u>
	<u>\$94364</u>		

OPERATIONS OF YEAR ENDED OCT. 31/96

Revenue		Expenditures	
Memberships	\$9040	Rents	5093
Interest	2558	Printing, copying	2260
Contributions/donations	1412	Postage	2030
Sale of jerseys	999	Purchase jerseys	1899
Other sales	66	Telephone	596
		Kitchen utensils	813
		Travel	562
		Stationery, office supplies	240
		Donations	236
		Repairs, replacements	343
		Loss on sale of computer	4714
		Loss, social events	110
		Misc. accounts	<u>290</u>
	<u>14075</u>		<u>19186</u>

EQUIPMENT MANAGER'S REPORT

Barton Howes

New shelving for equipment has been installed in the office. This allows for organization and consolidation of the equipment. Lots of treasures are being found - like 10 measuring cups!

There are a large number of tires in the back room, some of which have owners who have not claimed them. These no-name tires are on sale for \$5. Any not sold will be auctioned off at either the Victoria or Lower Mainland picnic. Following is a list of tires:

- 5 - 700 x 25c
- 3 - 700 1 1/4"

3 - 700 x 28c
3 - 700 x 32c
1 - 27 x 1 1/4" (with a bike mirror)
1 - 27 x 1 1/8"
2 - 700 x 35c (plus tubes)
1 - 26 x 1 1/4"
2 - 700 x 28c (cordoni)
6 lots of rolled tires (from people on tour)
Please come and claim yours!

HAWAII - THE BIG ISLAND

Barbara Faulkner

My third trip to Hawaii was just as exciting as the first. In fact, in many ways, it was more enjoyable because now there is that familiarity and a feeling of coming home.

We were a group of ten, each of us there to relax and enjoy and to share. Bill and I knew all but two of the group and now we have two more friends. It's a wonderful way to spend retirement years.

We enjoyed two weeks of warm and mostly sunny weather and, although some of the rides are short, a good work out since there are lots of hills to climb. On our days off we would either cycle the immediate area finding more places to add to the itinerary, or we would hike, or just explore the touristy spots. This year the waves were high and there was quite a strong undertow, so we did not spend much time in the water. Even so we managed to swim with the many different sized and coloured fish. What a wonderful place to visit during our dreary winter. I am amazed that more people do not sign up for this trip. For me it could easily be a once a year thing because I just love the smells in Hawaii with all the different flowering shrubs: hedges of Hibiscus, Bougainvillea, Poinsettias, etc, etc. And it's fun, whilst cycling along, trying to identify the flowers, birds and trees but there are many that I am not familiar with.

On our last day Bill and I cycled to the old airport which is now a very pleasant park and we were lucky enough to observe, close to shore, a small pod of whales displaying their magnificent bodies. And then the time had come to cycle out to the new airport and disassemble our bikes and say goodbye to that warm island till next time.

Bill and I send our thanks to all the friends who shared the wonders of Hawaii with us.

HIGHWAY REFLECTIONS FROM NEW ZEALAND - Guy Hirsch

Ten pounds lighter
And I feel fitter
But I do have
Some highway jitter
North Island cycling
Caused some stress

But I got home
So must be blessed
Now my bike's still
Ready for riding
All I need is
Dennis P. guiding
Thank you Dennis and all the group for your comraderie. I enjoyed it all.

CAN-BIKE SKILLS COURSES - Mary Eickhoff.

What does 'CAN-BIKE' mean? I was asked that question at the last directors' meeting. Not having found an official definition I'm sure you'd be safe in assuming the acronym is derived from both the name CAN, abbreviated form of 'Canadian', as the courses are offered by the Canadian Cycling Association, and/or the word 'can' meaning an ability, in this case to BIKE. For what it can mean to cyclists in applied terms, read on.

The Canadian Cycling Association's CAN-BIKE program is a series of courses on all aspects of cycling safely and enjoyably on the road. The orientation is toward recreational and utilitarian use of the bicycle rather than toward competition. Courses will eventually cover the three main streams of bicycling: operating the bicycle as a vehicle, bicycle touring and bicycle maintenance.

The courses were developed as a result of the perceived need for better education for the beginning and average cyclist with no interest in cycling competitively. The CCA's CAN-BIKE program is designed to meet the needs of cyclists of all ages. Courses are organized on three levels: basic, advanced or Instructor.

The courses are based on knowledge of the practice and principles of *Effective Cycling*, written by John Forster. Of particular interest to club members, whether taking courses or for general knowledge, might be sections on group riding technique and bike fit. Two copies are available from the CCCTS office library shelf or, for a current revised copy, contact your local public library.

For information on where and when courses are available call a bicycle club or organization in your area.

- **Head Office of the CCA** is at 1600 prom James Naismith Dr., Gloucester, ON K1B 5N4, phone 613 748 5629 or fax 613 748 5692;
- **in British Columbia contact Cycling BC** either at their office located in the Sports BC building, 3rd floor, northeast corner of Broadway and Hemlock (one block east of Granville);
or drop your enquiry in the mail addressed to:

Cycling BC, 332, 1367 West Broadway, Vancouver, B.C.
V6H 4A9;
phone 604 737 3034 or fax 604 737 3141.

Just received news from Cycling BC:

Non-competitive Courses and Events:

CAN-BIKE:

Vancouver - Mar 9, 20 & 23, contact Bruce Mol or Peter Pazdera 291 0007

Richmond - Mar 2, 9, 12, 15 contact Marion Craig 329 4559

Victoria - Mar 22, 29, Apr 5, 12, May 2, 9, Jun 1, 6, contact Ray Hall 250 380 0172

Ladysmith - Spring, contact Anita (Parks & Rec) 250 245 6424

Maple Ridge - Women Only - Spring - contact Joan Noel- Irwin 604 465 4121

Maple Ridge - CANBIKE for BIKE SMARTS - Apr, contact Richard Hennick 604 463 4399

EVENTS:

Vancouver - Bike Show April 12, 13 at Plaza of Nations

Tour BC - June 29-July 5 - Kootenay - 800 330-9926

THIS 'N THAT

In the current edition of the Cascade Courier there was a book review on "The Wind in my Wheels" by Josie Drew. The writer describes the book as being funny, witty and authentic in her accounts of bicycle touring in England and abroad, a brilliant book. There was only one problem it was not available in the USA and presumably not in Canada either. So, for anyone with either contacts in England or plans to visit there, it sounds like a good read.

Rowan Ley

88888888888888888888888888888888

When picking up your bicycle at airport, hotel, or elsewhere either pick up your own bicycle or make sure that you get a better one!

Editors's note: The person who submitted this wished to remain anonymous and I can understand why!

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 CCCTS TOURS

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. The rides include desert, farmland, rivers, lakes and mountain passes.

Updated costs - including 11 nights, 3 meals and one night in a motel during the winery tour. Credit will be given for our out of pocket costs for any unused nights. Some rides will start up to 50 miles from the RV park.

A non-refundable deposit of \$15 Cdn was required by March 1 with the balance *in Cdn dollars* by April 15. Tenting \$160; Teepee (minimum 5 persons) \$230; R.V. single \$300, double \$440; Motel (double occupancy) \$505 each. It will be assumed you are tenting unless you advise otherwise when sending your deposit.

Maximum participants - 50.

Participants: (50) Dan & Jerry Barris, 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, Eleanor Bannister, Theresia 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.

Waiting List (25); Mary Goulding, Ernie Schmidt., Ron & Janice Pickerill, Andre & Freida Kaufmann, Wendy Pearson, Bill Hook, Barbara Faulkner, Brenda Borron, John & Zel Harvie, Chuck & Lynn Dick, Tom & Wendy Sandor, Leila Montgomery, Lee Kraft., Bruno & Cathie Friegang, Joan Engman, Doug White, Pablo Bleiker, Carl Rorison, Douglas White, Chris Siggers.

The 8 Day around Victoria Tour

The tour starts on April 21, '97 at the Schwartz Bay ferry terminal and ends there on Apr 28. Make your own billeting arrangements by phoning a member or let us book you into the Youth Hostel for \$15 a night.

Mon, Apr 21: Victoria's local riders will meet out-of-town riders from the ferry leaving Tsawwassen terminal at 9am and arriving at 10:45am. We'll ride to the *Ocean Sciences Centre* for lunch then take the visitors to their accommodations.

Tues, Apr 22: George Sutterfield (250-478-8695) will lead us along the *Galloping Goose Trail*. If the weather is good bring a bag lunch, otherwise lunch-money.

Wed, Apr 23: Brenda Borron (250-652-5990) will lead us to, around and out of *the Highlands*. Brenda promises a day short on miles and long on hills

Thurs, Apr 24: Sonja Joos/Barbara Hetzer (250-995-8430) will take us on a cycle tour over *the Malahat and around Shawnigan Lake*. This is the time to take your time and save your energy to get up them thar hills.

Fri, Apr 25: Connie Shaw (250-658-6100) will show us her favorite *Victoria Waterfront* rides and vistas. Lunch will be at Mattick's farm I hear.

Sat, Apr 26: Jan Grove (250-478-4146) has planned to take us on a ride to *Sooke*. But...where shall we have lunch, at the Pub or at Mom's?

Sun, Apr 27: Horst Hees (250-389-1152) invites all to come along on Victoria's regular "*Going to Sidney*" ride. We'll lunch at Pelicano's or wherever.

Mon, Apr 28: Some of us will be going 'fully loaded' to the Ferry. Some of the Victoria Gang will show off our *regular Wednesday Tour* on the way.

If you require Youth Hostel pre-booking, a \$15 deposit is needed in the CCCTS office by April 1, otherwise make your own reservations at the Victoria Youth Hostel, 516 Yates St, 250-385-4511 or at Backpackers, 2 - 1418 Fernwood Ave, 250-386-4471 or at any motel.

These are all day tours, we will return to the same bed every night in Victoria. And if you don't want to ride on a particular day....do the town. Victoria is beautiful at this time of year. The only charge is for the hostel.

Denmark/Sweden:

June 1 - 30 '97

Rolf Petersen 250-384-6804

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: accommodations, including breakfast (lunch & dinner not included) and shipping between islands, Denmark and Sweden \$1600, payable by March

15th. Participants to make their own travel arrangements to Copenhagen. A \$100 non-refundable deposit payable to CCCTS was required by Jan 1.

Participants: (22) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Sally Petersen, Emil Jensen, Theresa & Wendell Green, Carl & Joyce Dukeshire, Dan & Jerry Barris, Sylvia Mather, Dennis Parsons, Glen & Jean Smith, Audrey Hayes.

Vancouver Area June Stay-at Home Tour

Six days June 9 - 14; Shirley Fisher 604-255-0087

Mon, Jun 9: Coal Dock tour

Tues, Jun 10: Lake Whatcom

Wed, Jun 11: Sumas - Silverdale

Thurs, Jun 12: White Rock - Fort Langley

Fri, Jun 13: Port Moody - Belcarra

Sat Jun 14: Fort Langley - Mission

There could be changes. Check next month's Newsbrief for details. Out of town members need accommodations. If you live in the lower mainland and can help can help, please advise Shirley so we can match host and visitors.

Northern Gulf Islands Tours

Tour 1 - Diana & Al Lifton 250-468-5696; July 8/21

Tour 2 -- John Peck 604-538-0195; July 22/Aug 4.

Maximum 30 on each tour; estimated cost \$325 plus ferry fares (approx \$70 for adults & \$40 for BC seniors); cycling distance 700k. Deposit \$100 due April 1 with the balance (\$225) due by June 1.

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; end of tour.

The truck will carry on to the Club office to unload Tour 1 bags; pick up Tour 2 bags and supplies; and then carry on by ferry to Nanaimo. The truck will be at the ferry the following morning, July 22, to start the second tour.

The first 26 names in the tour book have been scheduled on Tour 1; the remaining 25 on Tour 2. This grouping is flexible. If you prefer to be on the other tour, just phone John Peck or the Lifton's -- not necessary to give a reason. We want to keep both groups similar in numbers, with neither group going over 30. If your request puts that particular group over 30, you will be on the waiting list for that group. Should the numbers exceed 60 by more than a very few, we will have to consider scheduling yet another tour.

Participants Tour 1 (26); 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, Yvonne Miller, Monty Peters, Keith Clothier, Carl Rorison, Bruce Ross, Art Borron, Robert Helms, Rose Tanchak, Al & Diana Lifton, Betty McCulloch, Jean Horrocks, Mary Eickhoff.

Waiting list (8): Thom Duck, Eleanor Bannister, Ian Cassie, Brian Pollard, Myrna Pollard, Catherine Lynch, Brian Lamb, Leila Montgomery.

Participants Tour 2 (25); Jan Grove, Ray Merness, Vernon Patterson, Christina Radnai, Roy & Helen Goodchild, Sonja Joos, Donna Nicholas, Jean Richards-Carter, Josie Zewiec, Bill Hook, Barbara Faulkner, Robert Miller, John Peck, David & Virginia Brown, Victor dePaul, Frank Weber, Jack Smith, Don Reisinger, Dora Ellis, Bill Hannan, Audrey Hannan, John Harvie, Zel Harvie, Fritz Niebisch.

Waiting list no-one as yet.

Olympic Peninsula Circle Tour:

Aug 4 - 9 Marion Orser 604-520-7636

A camping tour of the Olympic Peninsula. Maximum 15. I will be doing a pre-ride of this area at the end of March so updated plans will be in the next newsletter. We will start in the Ladner/Tsawwassen area around 10am (after 8am ferry from Schwartz Bay) then ride to Birch Bay, Deception Pass, Pt Townsend, Dungeness, and return via Victoria. Distances are not yet confirmed but my aim is for no more than 80k per day. Cooking will be on your own (sharing recommended) or eat out. I can taste that Dungeness crab now!

Does anyone have a spouse or friend who would be willing to carry camping gear etc on a support vehicle? The participants will pay ferry and gas costs.

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.

The detailed itinerary was published in the Dec '96 Newsbrief.

Participants: (36) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Martine Donahue, Andre Milaire, Roy Towler, Christina Radnai, Ian & Inge

Polley, Joan Thompson, Bruce Ross, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman, Frank Weber, Olive Balabanov, Ann Miller, David & Truus Clark., Yvonne Miller, Josie Zewiec, George Andrews, Victoria Bernhardt, Jean Horrocks, Rolf & Sally Petersen, Ian Casie, Palle Pedersen, Glen Smith, Jean Smith, Wendy Pearson, Audrey Hannan, Bill Hannan.

Vancouver Area Sept Stay-at Home Tour

A fall stay-at-home tour is in the planning stages with daily rides from the Jericho Youth Hostel. There will be further information on subsequent Newsbriefs.

Baja:

Oct 10 b- Nov 12; Barton Howes 604-378-0927

It will be motels, and good RV parks for tenting and evening restaurant meals. Morning porridge and lunches will be as usual. Cost: \$30 non refundable deposit by March 30th with the balance of \$600 due by Sept 15th plus restaurant meals plus travel to San Diego and away from LaPaz (or other places).

The maximum for this tour is 28. *Members on the participating list who have not submitted their deposit by the required date will be replaced by members on the waiting list who have submitted the deposit.* Deposits will be refunded to any member on the waiting list who is unable to participate due to lack of space.

Participants: (28) Barton Howes, Faye Wilson, Leila Montgomery, Joanne Hamilton, Peter DenBoer, Vernon Patterson, Robert Curr, Augusta Lee, Jean & Glen Smith, 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, Bill Hook, Barbara Faulkner.

Waiting list (17); Margaret Hunter, John Hickman, Zel Harvie, Chuck & Lynn Dick, Jean Horrocks, Dan & Jerry Baris, Ann Miller, Eleanor Bannister, Ron Eadie, Richard Lebek, Norm Carlson, Andre Kaufmann, Bruno Friegang, Cathie Friegang.

Arizona

Nov '97; This tour is still 'on hold' until one of our members volunteers to lead it.

Leading this very popular tour involves taking responsibility for the tour and does not need to involve a heavy work load. Bernice Gregory has offered to make the reservations and others are available to work with a new leader to develop the itinerary.

1998 TOURS

Full details of tours will be published in future Newbriefs. The following is to give you an idea of some of the tours already proposed..

Home-away-from-home Holland tour

Theresia Keet. 604-596-1953

Theresia is planning a stay-in-one-place 3 week tour hopefully in June which would involve in staying in a group accommodation located in Nunspeet, about 20k north of Apledoorn, close to bigger cities but with lots of nature around it. The accommodation is by room only (either 2 or 4 to a room @ \$15 - 20 per night). A kitchen is available. There is lots of cycling (rental of 3 speed bicycles is a possibility) and walking. If interested trains and buses are available. In Holland nothing is very far away and there are many things to do and see.

Theresa expects members to organize their own days, hopefully some will team up with the people who are alone and have like ideas. She will provide maps and ideas for possible day tours.

Maximum 25.

The Alaska Highway

Chuck & Lynn Dick

Chuck & Lynn are planning a 1536 mile 35 day tour in June/July beginning in Fairbanks Alaska and terminating in Dawson Creek BC (mile 0 of the Alaska Hwy).

The Bard & the Bike

Ron & Janice Pickerill 604-261-2403

Ron & Janice are in the thinking stages of a cycling tour in the summer/fall combining the theatre town of Ashland, Oregon. They envision cycling in a circular route and stopping for 3 days of Shakespear etc. or a fixed centre town with some plays at night. There is an outdoor theatre always playing a Shakespear play and two indoor theatres with more modern plays. It might work out for non-cycling partners to come along for the theatre if we have a fixed centre.

The options are:

- camping - KOA site about 9 miles out of town
- hostel - \$14 US per night
- college - \$19 US per night

Any ideas from interested cyclists would be considered. Could we have a show of hands? (so to speak).

California -

Martine Donahue 604-689-2743

Martine has proposed to lead a tour in late August down the coast from Santa Barbara.

VANCOUVER WEEKLY RIDES

Sundays:

- **Vancouver:** 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:

- **Ladner:** Meet at the Ladner Community Centre 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:

1997 Pacific Populaire

A fun and fitness ride organized by BC Randonneurs (BC's marathon cycling club). Everyone is welcome regardless of fitness level, cycling experience, or age. For some the ride is a challenge to turn in a fast time, a personal best, or to complete a greater distance. Others will be out for a relaxed spring ride, fresh air and exercise.

Distance - participants choose one of the three distances; 25, 50, 100k.

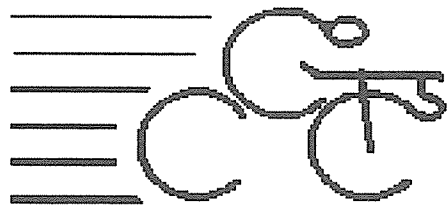
Entree fee - \$10 for under 19, otherwise \$20 (\$15 with pre-registration)

Sign-up - Riley Park Community Centre (Ontario & 30th, Vancouver) between 8:30 & 9:45

Start - 9 am

Food - Light snacks will be available at the main control stops and at the end of the ride (providing they do not run out).





NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 04

Apr 1997

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-7710
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	734-4881
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	881-1179
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923

**1997 CCCTS COMING & NEW EVENTS
APRIL**

- The 8 days 'Around Victoria' tour April 21/28. Refer item under 'Optional Rides' in this Newsbrief
- Annual Spring Social Wed Apr 30 at the Tsawwassen Community Centre

MAY

- Victoria Picnic, Wednesday , May 7.
- Next Director's meeting Tues, May 6

PRESIDENT'S CORNER

In like a lamb an out like a lion, our wettest March on record here in Lotus Land. Maybe those 100 k winds on March 31st will blow some much needed April sunshine our way!

With April comes our Spring Social on April 30 - don't forget to bring your curiosity and find out about all of our exciting tours. Also lets sieze the moment to get together and find leaders for our Hawaii and Arizona tours. They are both great tours begging for leaders.

The Victoria gang are having their "Around Victoria" tour in April, let's have a great representation from the lower Mainland to join in on the fun. Read your Newsbrief for details.

Details for the Toppenish tour are almost finalized, be sure to read the latest information in this Newsbrief.

Mary Eickhoff and Marion Orser are spear-heading a drive to produce a comprehensive brochure complete with application form and waiver. The draft looks great, complete with a fantastic action shot of one of our long time members. She will be immortalized I'm sure. Good work Mary and Marion.

I heard from Audrey Hannan - who said Bill is now out of intensive care after 16 days during which time he had a triple heart-by-pass operation. He is progressing well on the recuperation trail - don't rush Bill, just get better.

We also hear that Joan Engman is nursing a shoulder injury which is hopefully on the mend. It must be the Calgary air.

Speaking of Joan and Calgary, she advises that she often rides on Tuesdays and Thursdays with the "Elbow Valley Easy Riders" from April 15 to Oct 15 in Calgary. Anyone who is travelling through Calgary and has a bike is welcome to join them. If you are interested contact Joan. Refer Calgary rides in the Newsbrief for details.

Barton Howes and Andre Kaufmann are busily preparing a new shelter for us - the large shelter will now be white, we just need to paint a large red cross

on top and we can go to Somalia! Expect the unexpected - Andre is always coming up with improvements.

EDITOR'S NOTEBOOK

With the significant increase in the numbers of members wanting to go on our tours we have had to implement our policy of replacing tour participants who have not submitted payment by the required date with members on the waiting list who have paid. Unfortunately there is a possibility that a member's payment might not have been entered on the tour book. Any member who paid on time but has been dropped from a tour should contact the tour leader as soon as possible in order that we can rectify the situation.

LETTERS TO THE EDITOR

It takes a while to find an appropriate space for such long letters, but your efforts have been rewarded on page 5 of the March/April issue of *Maturity*. Pick up some copies for distribution at any branch of the Bank of Montreal. Thanks for your part in keeping the "active" message going out to our readers. I've just returned from two weeks of tourism research around the North Island of New Zealand, courtesy of the New Zealand Tourism Board - a fabulous and very adventurous experience. Read about it in the July/August issue of *Maturity*. I can see that it would be a great country for cycling.

Alison Gardiner
Associate Editor, *Maturity*.

Editor's note: Some time ago Alison requested that we forward a letter for inclusion in Maturity magazine which is available at any Branch of the Bank of Montreal.

888888888888888888888888888888

A letter to the editor in the March Newsbrief reminds us of a phrase in our constitution: "no member will receive a financial benefit". It concludes that no tour leader may be recompensed in any way, but completely ignores the fact that some truck driving members do receive compensation. Why was this fact so conveniently ignored?
Also it is well established that tour funds belong to the tour participants and what they do with their funds is their own business.
So where is the logic in that letter?

John Peck

888888888888888888888888888888

Most members know that the Society is organized as a non-profit group and that it has charitable status. The related privileges carry a responsibility to the

general public and, under our constitution, particularly to senior citizens. Also, we benefitted from the public in that the Society was established, not only by individuals' efforts, but by help from governments, some businesses, the Red Cross, a Legion branch, and a couple of casino events.

The following are examples or suggestions on which we might do for the society at large:

- a. Two of our members, Mel and Bette Kerr, have for at least ten years, been leading easy bicycle rides for their local seniors centre. Our members are invited to join in.
- b. We can probably afford to increase the donations we occasionally make to well known and respected organizations such as the cancer and arthritis societies.
- c. We once made a donation to the provincial cycling association to make a series of informative bicycling pamphlets.
- d. A few years ago we subsidized those wishing to take bicycle riding courses. In fact, the Board recently agreed to reimburse any member for one half of CANBIKE course fees on completion of the course and on an undertaking to share the acquired knowledge and skills with others
- e. Perhaps we could try to organize a fund-raising ride on behalf of a deserving cause.

I am looking forward to further suggestions regarding the above.

Bob Douglas

NEW MEMBERS

Welcome to the following new members:

Caroline Bradfield
803-1414 Barclay St, Vancouver, BC V6G 1J4
604-682-1061

Dora Ellis
1435 Griffin Drive, Courtenay BC, V9N 8M6
250-338-9751

Irene Hatton
124 Woodstock Way, SW Calgary, Alta, T2W 5W6
403-281-4264

Caroline Bradford
803-1414 Barclay St., Vancouver, BC V6G 1J4
604-682-1061

Paul Westmattelman
10816 24th Ave, NE Seattle, WA, USA, 98125

Total members 420

ANNUAL SPRING SOCIAL

Meeting is to be held in Hall A at the South Delta Rec Centre, 1720 56th St, Tsawwassen (opposite McDonalds) on Wednesday April 30th at 11:00 am. Light lunch will be provided.

BC SENIOR GAMES

It's time for Zone Three cyclists to register for the 1997 BC Senior Games taking place this year September 3 - 6 in New Westminster. Entry forms are available at Senior Centres throughout the Lower Fraser Valley, or from the Dogwood Pavilion, 640 Poirier Street, Coquitlam, BC, V4J 6B1. Any Zone 3 resident is eligible to enter. The first training session will take place Wednesday, March 26, at 10 am in the Fort Langley parking lot. Please be on time -- training will begin promptly at 10 am. There is a \$5 registration fee and all applications *must* be received by Friday, May 9, 1997.

New members, both male and female are welcomed. Helmets are required. For further information phone Hugh Town at 942-9822, or fax 942-6048.

Editor's note: I would assume that the registration amount and deadline applies to all zones and that Hugh is only involved with Zone 3 cyclists interested in the training sessions.

BIRTHDAY SUPPER MARCH 11 - Alyce McKay

Another milestone in the realm of time along life's road... another birthday for Gwyn Thomas and Harry Lang.

Gwyn, a former member of the executive in the role of membership secretary, has unfortunately not been able to ride of late due to some mishaps, but sure sets us all an example of 'never say die' with his determination to keep involved with club events. It's always great to see him!

Harry celebrated his 83rd on March 4th and is still going strong. Oh! for all of us to be able to be the same... he's a real inspiration to us all. He tells us he was with a hiking club and heard of CCCTS from someone there. He had not ridden since he was a young man on the farm and was not sure he was still able so he went to Stanley Park and rented a bike and rode around the park. He related this to Don Nay and he assured him if he was able to do that he could manage the CCCTS rides. That was spring 1988. That year in the Fall he took his first trip to the Okanagan. Since then he's been to Arizona x 2, New Zealand, South Africa, Oregon, Holland, and Hawaii. Harry celebrated his 80th the year of his Bavaria trip. He rides rain or shine twice weekly and makes us all feel glad we made the effort when we see him.

To top off the evening, Eva sang a song she wrote in Harry's honour. We all applauded in agreement with the sentiments.

Editor's note: With some difficulty I was able to persuade Eva to have her song published (she feared the people from Ottawa would think her daft which hopefully is not the case). Eva sang her song over the phone. It was for Harry Lang's 83rd birthday and she sang it to the tune of "The More We Get Together". Having said that here it is:

Have you ever seen a cyclist arriving in Ladner
Every Tuesday and Thursday
Have you ever seen a cyclist like our Harry Lang
He rides up and down hills
He rises from bike spills
Have you ever seen a cyclist like our Harry Lang
Have you ever seen a cyclist
Ariding his new bike
Eighty-three years and no holding back
Have you ever seen a cyclist like our Harry Lang
Happy hour is his best time
Dinner parties are big time
Have you ever seen a cyclist like our Harry Lang

FITTING EQUIPMENT AND YOUR BIKE

Getting the right fit depends on many things including your size and riding style.

Frame height: Check your height - stand with your bike between your legs. Measure the space between the highest part of the top tube and your crotch. Other than off-road riding, a one to three inch space is safest.

Frame length: If you feel overly stretched or have pain in your neck, shoulders or back your frame might be too long. Try moving the seat and handlebars closer together. Some people, including many woman, have shorter torsos than what most bikes are made for. If you have this situation get a bike with a shorter frame height and raise the seat higher or get a bike specifically made for people with smaller torsos.

Seat height: A seat that's too low will strain your knees, while one that's too high will make it hard for you to pedal and put your foot down. Ways to get the right height for cycling:

- Sit on your bike and push one pedal all the way down.
- Put the ball of your foot on the pedal. If your seat is the right height your knee should be slightly bent. - If your hips rock from side to side when you pedal your seat is too high.
- Always ensure at least two inches of your seat post extends into the frame. If you need to raise your seat higher get a longer seat post.

Handle bars: After you have adjusted your seat height set your handle bars so they feel comfortable. Some things to guide you:

- Start by raising or lowering the handlebars when sitting on your bike so that they block your view of the front axle when you're sitting on your bike.

- With your hands on the handlebars your elbows should be slightly bent (not locked).
- Lower back pain often means the handlebars are too far away while upper-arm or shoulder fatigue often means the handlebars are too close to you.
 - Try raising or lowering your handlebars or moving your seat forward or backward. You can also change to a shorter or longer handle bar stem.
 - Don't raise your handlebars so high that less than two inches of your handlebar stem extends into the frame. If you need to raise them higher get a longer stem.
 - If you don't have dropped handlebars rotate them so that they put even pressure across the palm of your hands without bending your wrists in a strange way.

Seat tilt: Adjust your seat for comfort. Many cyclists keep their seats level while others have them tilted. If the front of the seat is tilted too high your butt will hurt and if tilted too low you'll slide forward and strain your arms.

Saddle soreness: If you haven't cycled for some time expect some initial soreness or chaffing. However, if it persists, the first thing to check is the seat tilt or height. If adjusting doesn't help look into a seat pad, a wider seat, a seat with a hole in the middle (this particularly applies to ladies) or padded or seamless cycling shorts.

SECURING YOUR BICYCLE

Always lock: Never leave your bike unlocked - even if you're leaving it for only half a minute. A thief can grab your bike in seconds.

Some basics:

- Lock your bike to something that's permanent and not easy for a thief to take. Lock to a bike rack, a parking meter, a metal fence, or **big** tree. If you keep your bike in a garage, basement or on a porch, lock it.
- Leave your bike where many people pass by and where they can see it easily. Thieves usually don't like an audience.
- Leave your bike where you can get to it fast. Thieves like to steal bikes whose owners are far away.

Types of locks:

- U-locks; Some U-locks are stronger than others. Make sure you buy a strong steel alloy lock. If the manufacturer offers a warranty or insurance, register the lock and write down the lock's serial number and where you bought it. For a stronger U-lock, get one or more U-lock cuffs; they can keep thieves from using a lever to pry your lock open.
- Padlocks and chains. The thicker the better; chain links and lock clasps should be at least 5/16 of an inch thick. Look for locks and chains that are case-hardened - a process that makes them harder to

cut.

- Cables: Some cables are actually harder to open than chains or U-locks because they don't snap and thieves can't pry them open. Use a cable at least 3/8 of an inch thick with a lock as thick or thicker.
- Ugly bikes: In places like a downtown where thieves have lots of bikes to choose from, your bike is less likely to be stolen if it looks old or just ugly. It's hard to slap paint on that new bike but it certainly reduces the chance of theft!

How to lock up: A thief with enough time and the right tools can break any lock. But you can discourage many thieves if you follow these tips about locking your bike:

- Lock the whole bike: You should put your lock through your frame and both wheels - taking the front wheel off, if you have to. Never lock through your wheel without locking the frame.
- Cross-locking: A good way to foil thieves is to use more than one kind of lock. For example, put a U-lock through your frame and rear wheel, and put a cable or chain through your frame and front tire.
- Placing a lock: Some thieves can break a lock by putting it against a wall or sidewalk and smashing it with a hammer. If you use a padlock, try to put it where it's not close to the ground or against a wall or another solid surface. A U-lock can be broken by inserting a pipe over one of the ends. Place your lock so that the ends are not easily accessible.
- Removable items: When you leave your bike remove any parts you can't lock and a thief could easily steal; a quick release seat or front wheel, panniers, pumps or lights etc, If removing quick-release parts is a hassle, replace them with permanent ones.

Editor's note: I use a heavy encased cable which I purchased at the "3 Vets" in Vancouver. It is about the same weight as a U-lock but somewhat larger and enables you to lock to larger objects or lock two bikes to an object. It is apparently much more difficult to break or cut than a regular U-lock. I also note that most new more expensive bikes no longer come with quick-release seats.

THIS 'N THAT

Last month I presumed wrongly that the book "The Wind in my Wheels" by Josie Dew was not available in Canada. Don Gowing phoned to advise me that it was available in his local Delta library and that his wife enjoyed it so much she purchased a copy in a local bookstore and mailed it to a relative in Australia. Thanks Don for setting me straight. I also note that the author was spelled incorrectly as "Drew" whereas it should have been "Josie Dew".

Rowan Ley

For Sale

Marion Orser has a 25" Talbot Touring Bike for sale. It is like new and has a rear rack, low riders and new fenders. Asking price \$200. Phone Marion if interested 604-520-7636

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 CCCTS TOURS

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. The rides include desert, farmland, rivers, lakes and mountain passes.

Updated costs - including 11 nights, 3 meals and one night in a motel during the winery tour. Credit will be given for our out of pocket costs for any unused nights. Some rides will start up to 50 miles from the RV park.

A non-refundable deposit of \$15 Cdn was required by March 1 with the balance *in Cdn dollars* by April 15. Tenting \$160; Teepee (minimum 5 persons) \$230; R.V. single \$300, double \$440; Motel (double occupancy) \$505 each. It will be assumed you are tenting unless you advise otherwise when sending your deposit.

A small Van will be rented to transport cooking equipment and the food. This will incur an extra cost to those who wish to use a "mess" type of cooking. The anticipated cost will be approximately \$12 Canadian per day. When remitting your final payment please indicate if you wish to use the communal eating. If there is insufficient enthusiasm for this, members will be on their own for eating.

To ensure you participate in this tour make sure you get your deposit into the office by the April 15 deadline.

Detailed instructions have been either given to paid participants or are included with their Newsbrief.

Participants: (59) Dan & Jerry Baris, Jean Horrocks, Stan Pollard, Daphne Pollard, Bruce Ross, Shirley Fisher, Dorothy Kennedy, Martine Donahue, Catherine Mick, Vernon Patterson, Sonja Joos, Barbara Hetzer, Bob Douglas, Ted & Pat Stubbs, Eleanor Bannister, Theresia Keet, Marion Orser, Ann Miller, Fritz Niebisch, Barton Howes, Faye Wilson, Anna & Alex Marcus, Alyce McKay, Anne-Marie Labourdette, Robert Miller, Roy Towler, Yvonne Miller, Christina Radnai, Ray & Kathleen Wilkinson, Margo & Ivan Paravan, Clara & Wayne Waardenburg, Ian Polley, Dan Kennedy, Dorothy & John Philip, Ernie Schmidt, Ron & Janice Pickerill, Andre & Frieda Kaufmann, Wendy Pearson, Bill Hook, Barbara Faulkner, Brenda Borron, John & Zel Harvie, Chuck & Lynn Dick, Tom & Wendy Sandor, Leila Montgomery, Lee Kraft., Bruno & Cathie Friegang, Doug White, Pablo Bleiker, Carl Rorison, Douglas White, Chris Siggers, Ian Cassie..

Waiting List (5); Rae Wohlschlegel, Ingo Vanderveer, Peter de Boer, Joanne Hamilton, Mary Goulding

The 8 Day around Victoria Tour

The tour starts on April 21, '97 at the Schwartz Bay ferry terminal and ends there on April 28. Make your own billeting arrangements by phoning a member or let us book you into the Youth Hostel for \$15 a night.

Mon, Apr 21: Victoria's local riders will meet out-of-town riders from the ferry leaving Tsawwassen terminal at 9am and arriving at 10:45am. We'll ride to the *Ocean Sciences Centre* for lunch then take the visitors to their accommodations.

Tues, Apr 22: George Sutterfield (250-478-8695) will lead us along the *Galloping Goose Trail*. If the weather is good bring a bag lunch, otherwise lunch money.

Wed, Apr 23: Brenda Borron (250-652-5990) will lead us to, around and out of *the Highlands*. Brenda promises a day short on miles and long on hills.

Thurs, Apr 24: Sonja Joos/Barbara Hetzer (250-995-8430) will take us on a cycle tour over *the Malahat and around Shawnigan Lake*. This is the time to take your time and save your energy to get up them thar hills.

Fri, Apr 25: Connie Shaw (250-658-6100) will show us her favorite *Victoria Waterfront* rides and vistas. Lunch will be at Mattick's farm I hear.

Sat, Apr 26: Jan Grove (250-478-4146) has planned to take us on a ride to *Sooke*. But...where shall we have lunch, at the Pub or at Mom's?

Sun, Apr 27: Horst Hees (250-389-1152) invites all to come along on Victoria's regular "*Going to Sidney*" ride. We'll lunch at Pelicano's or wherever.

Mon, Apr 28: Some of us will be going 'fully loaded' to the Ferry. Some of the Victoria Gang will show off our *regular Wednesday Tour* on the way.

If you require Youth Hostel pre-booking, a \$15 deposit is needed in the CCCTS office by April 1, otherwise make your own reservations at the Victoria Youth Hostel, 516 Yates St, 250-385-4511 or at Backpackers, 2 - 1418 Fernwood Ave, 250-386-4471 or at any motel.

These are all day tours, we will return to the same bed every night in Victoria. And if you don't want to ride on a particular day....do the town. Victoria is beautiful at this time of year. The only charge is for the hostel.

Gabriola Island - May 20 - 22

Art Borron 250-652-5990

Over to the island a few days ago to visit Lady Patricia and she was very insistant that we cycle up as we have done for the last 10 years to camp on the lawn in front of the log cabin to enjoy the lighthouse, the ferries passing by and the snow-capped mountains in the distance.

Pat lives in her new mansion next door and the cottage is leased but Al, the renter, had to agree to allow us, on our brief visit, the use of the living room, with its large fireplace. Also full freedom in his kitchen. He is a nice guy and I know he won't sulk.

The drill, as always, will be to find our way to Gabriola Island (by bicycle) where we will receive a sumptuous supper.

Breakfast next morning made by volunteers, self-made sandwiches for lunch, and after exploring the island, another feast.

Two nights of tenting and jollification then we cross to Vancouver Island, have breakfast and ride home.

All this for only \$49, \$10 non refundable. Art Borron is handling the arrangements and is bringing Buster his Rottweiler to control the unruly.

Dennis Parsons

Editor's note. Previous Gabriola tours have provided opportunity for lower mainland participants to catch the ferry from Tsawwassen to Victoria leaving around 9 am. Phone Art for details.

Denmark/Sweden:

June 1 - 30 '97

Rolf Petersen 250-384-6804

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: accommodations, including breakfast (lunch & dinner not included) and shipping between islands, Denmark and Sweden \$1600, payable by March 15th. Participants to make their own travel arrangements to Copenhagen. A \$100 non-refundable deposit payable to CCCTS was required by Jan 1.

Participants: (22) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Sally Petersen, Emil Jensen, Theresa & Wendell Green, Carl & Joyce Dukeshire, Dan & Jerry Barris, Sylvia Mather, Dennis Parsons, Glen & Jean Smith, Audrey Hayes.

Vancouver Area June Stay-at Home Tour

Six days June 9 - 14; Shirley Fisher 604-255-0087

Mon, Jun 9: Coal Dock tour

Tues, Jun 10: Lake Whatcom

Wed, Jun 11: Sumas - Silverdale

Thurs, Jun 12: White Rock - Fort Langley

Fri, Jun 13: Port Moody - Belcarra

Sat Jun 14: Fort Langley - Mission

There could be changes. Check next month's Newsbrief for details. Out of town members need accommodations. If you live in the lower mainland and can help can help, please advise Shirley so we can match host and visitors.

Northern Gulf Islands Tours

Tour 1- Diana & Al Lifton 250-468-5696; July 8/21; designated driver fees - waived

Tour 2 - John Peck 604-538-0195; July 22/Aug 4.

Maximum 30 on each tour; estimated cost \$325 plus ferry fares (approx \$70 for adults & \$40 for BC seniors); cycling distance 700k. Deposit \$100 due April 1 with the balance (\$225) due by June 1.

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; end of tour.

The truck will carry on to the Club office to unload Tour 1 bags; pick up Tour 2 bags and supplies; and then carry on by ferry to Nanaimo. The truck will be at the ferry the following morning, July 22, to start the second tour.

Participants Tour 1 (31); 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, Yvonne Miller, Carl Rorison, Bruce Ross, Art Borron, Robert Helms, Rose Tanchak, Al & Diana Lifton, Betty McCulloch, Jean Horrocks, Mary Eickhoff, Eleanor Bannister, Ian Cassie, Brian Pollard, Myrna Pollard, Catherine Lynch, Brian Lamb, Leila Montgomery.

Participants Tour 2 (27); Jan Grove, Ray Merness, Vernon Patterson, Christina Radnai, Roy & Helen Goodchild, Sonja Joos, Jean Richards-Carter, Josie Zewiec, Bill Hook, Barbara Faulkner, Robert Miller, John Peck, David & Virginia Brown, Victor dePaul, Frank Weber, Dora Ellis, Bill Hannan, Audrey Hannan, John Harvie, Zel Harvie, Fritz Niebisch, Monty Peters, Irene Hatton, Therisa Green, Robert Stevens.

Olympic Peninsula Circle Tour:

Aug 4 - 9 Marion Orser 604-520-7636

A camping tour of the Olympic Peninsula. Maximum 15. I will be doing a pre-ride of this area at the end of March so updated plans will be in the next newsletter. We will start in the Ladner/Tsawwassen area around 10am (after 8am ferry from Schwartz Bay) then ride to Birch Bay, Deception Pass, Pt Townsend, Dungeness, and return via Victoria. Distances are not yet confirmed but my aim is for no more than 80k per day. Cooking will be on your own (sharing recommended) or eat out. I can taste that Dungeness crab now!

Does anyone have a spouse or friend who would be willing to carry camping gear etc on a support vehicle? The participants will pay ferry and gas costs.

Participants: Marion Orser, Cathy McPherson

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.

The detailed itinerary was published in the Dec '96 Newsbrief.

Participants: (37) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Martine Donahue, Andre Milaire, Roy Towler, Christina Radnai, Ian & Inge Polley, Joan Thompson, Bruce Ross, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman,

Frank Weber, Olive Balabanov, Ann Miller, David & Truus Clark., Yvonne Miller, Josie Zewiec, George Andrews, Victoria Bernhardt, Jean Horrocks, Rolf & Sally Petersen, Ian Casie, Palle Pedersen, Glen Smith, Jean Smith, Wendy Pearson, Audrey Hannan, Bill Hannan, Paul Westmattelman, Dennis Parsons.

Vancouver Area Sept Stay-at Home Tour

A fall stay-at-home tour is in the planning stages with daily rides from the Jericho Youth Hostel. There will be further information on subsequent Newsbriefs.

Baja:

Oct 10 b- Nov 12; Barton Howes 604-378-0927

It will be motels, and good RV parks for tenting and evening restaurant meals. Morning porridge and lunches will be as usual. Cost: \$30 non-refundable deposit by March 30th with the balance of \$600 due by Sept 15th plus restaurant meals plus travel to San Diego and away from LaPaz (or other places).

The maximum for this tour is 28. *Members on the participating list who have not submitted their deposit by the required date will be replaced by members on the waiting list who have submitted the deposit.* Deposits will be refunded to any member on the waiting list who is unable to participate due to lack of space.

Participants: (28) Barton Howes, Faye Wilson, Leila Montgomery, Joanne Hamilton, Peter DenBoer, Vernon Patterson, Robert Curr, Augusta Lee, Jean & Glen Smith, Jack Sheppard, Theresa Green, Shirley Mae & Jim Jeffrey, Carl Rorison, Eila Taylor, Theresia Keet, Christina Radnai, Chris & Peter Kabel, Robert Miller, Dianne & Russ Horsnell, Joan Enman, Bruce Ross, Barbara Faulkner, Margaret Hunter, Andre Kaufmann.

Waiting list (20); Bill Hook, Judy Jackson, John Hickman, Zel Harvie, Chuck & Lynn Dick, Jean Horrocks, Dan & Jerry Baris, Ann Miller, Eleanor Bannister, Ron Eadie, Richard Lebek, Norm Carlson, Bruno Friegang, Cathie Friegang, Paul Westmattelman, James & Judy Jensen.

Arizona

Nov '97; This tour is still 'on hold' until one of our members volunteers to lead it.

Leading this very popular tour involves taking responsibility for the tour and does not need to involve a heavy work load. Bernice Gregory has offered to make the reservations and others are available to work with a new leader to develop the itinerary.

Participants: John & Zel Harvie.

1998 TOURS

Full details of tours will be published in future Newbriefs. The following is to give you an idea of some of the tours already proposed.

Hawaii

This tour is normally in late January or early February. It is a great tour and like Arizona, is looking for a leader. Nearly all the leg work has been done and leading the tour requires minimum involvement.

Participanta (2); John & Zel Harvie.

Home-away-from-home Holland tour

Theresia Keet. 604-596-1953

Theresia is planning a stay-in-one-place 3 week tour hopefully in June which would involve in staying in a group accommodation located in Nunspeet, about 20k north of Apledoorn, close to bigger cities but with lots of nature around it. The accommodation is by room only (either 2 or 4 to a room @ \$15 - 20 per night). A kitchen is available. There is lots of cycling (rental of 3 speed bicycles is a possibility) and walking. If interested trains and buses are available. In Holland nothing is very far away and there are many things to do and see.

Theresa expects members to organize their own days, hopefully some will team up with the people who are alone and have like ideas. She will provide maps and ideas for possible day tours.

Maximum 25.

The Alaska Highway

Chuck & Lynn Dick - 604-261-5092

Chuck & Lynn are planning a 1536 mile 35 day tour in June/July beginning in Fairbanks Alaska and terminating in Dawson Creek BC (mile 0 of the Alaska Hwy).

Participants (3): Chuck & Lynn Dick, Bill Augusteign

The Bard & the Bike

Ron & Janice Pickerill 604-261-2403

Ron & Janice are in the thinking stages of a cycling tour in the summer/fall combining the theatre town of Ashland, Oregon. They envision cycling in a circular route and stopping for 3 days of Shakespear etc. or a fixed centre town with some plays at night. There is an outdoor theatre always playing a Shakespear play and two indoor theatres with more modern plays. It might work out for non-cycling partners to come along for the theatre if we have a fixed centre.

The options are:

- camping - KOA site about 9 miles out of town
- hostel - \$14 US per night
- college - \$19 US per night

Any ideas from interested cyclists would be considered. Could we have a show of hands? (so to speak).

Participants: Ron & Janice Pickerill

US Pacific Coast-

Martine Donahue 604-689-2743

Martine has proposed to lead a tour in the Fall from Vancouver to Mexico

VANCOUVER WEEKLY RIDES

Sundays:

- ***Vancouver:*** 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:

- ***Ladner:*** Meet at the Ladner Community Centre 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 881-1179 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

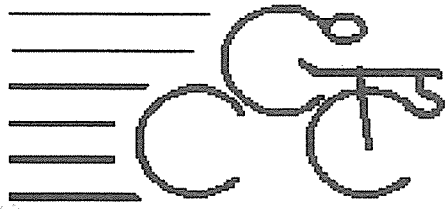
OTTAWA WEEKLY RIDES

- ***Thursdays:*** For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502.

CALGARY WEEKLY RIDES - with the

"Elbow Valley Easy Riders"

Their rides are on Tuesdays and Thursdays April 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details.403-288-7910



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 05

May 1997

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-7710
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	734-4881
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	881-1179
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923

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1997 CCCTS COMING & NEW EVENTS
JUNE

- Next Director's meeting Tues June 3
- Lower Mainland 6 day stay-at-home tour June 9 to 14.

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PRESIDENT'S CORNER

The Victoria group have really been front and centre the last month with their stay-at-home tours in

April and then with their picnic on May 7 in Saanich. Thanks to Vancouver sending over some of it's surplus sunshine and the superb effort of the Victoria gang, both were a rousing success. Next year they plan to combine the picnic with the stay-at-home tours, the picnic starting the week - sounds great! Many thanks from the 25 or so from the Lower Mainland who ventured all the way over to Victoria!

Our annual Spring Social, with most of the tours for the year on display, was attended by an enthusiastic group of about 85. Many questions were asked, some were answered; some suggestions were offered, some sales were offered, some action has been taken.

A \$200 donation has been made to the Manitoba Flood Relief fund along with a \$25 donation to the Heart fund. Mary Eichkoff has more ideas for our brochure; Bill Hook's thought of publishing members grouped geographically and being highlighted if they wish to provide accommodation etc is still twitching..

A highlight for all was the honour given to Bob Douglas for his unselfish contribution to our club and cycling in general. I'm sure Bob has touched us all in some way or another - in his role as treasurer or tour leader or day trip leader and as an information post! We are only letting Bob off the hook with his treasurer duties, we need him to remain active in other areas.

Our summer tours get under way this month with Toppenish drawing a large crowd - it should be fun. The weather finally looks promising and Dan's trip will lead us over some new ground - even a wine tour! Then it's off to Denmark for Rolf and his group while the rest of us join in the Lower Mainland stay-at-home tours. - HAPPY CYCLING.

EDITOR'S NOTEBOOK

We were very sorry to hear that both Albert Redford and John Hathaway are both seriously ill with cancer. As some of you might know John has made

it into the Guinness Book of Records for his cycling exploits while Albert has been on many club tours.

LETTERS TO THE EDITOR

Watch those tires

I recently ordered Continental Supersport tires from MEC's catalogue and when they arrived found them to be a much poorer quality than those I have purchased in the past. They were narrower, with a smaller tread area and the sidewall coating was so thin you could barely read the lettering. There was no indication on them of where they were made. It turns out they are now made in Thailand!

There may still be some of the originals kicking around, they have 'Made in Germany' on both the sidewall and the label.

Keith Clothier

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Subsidizing tour leaders

I know we have said enough about this subject, but I do want to answer John Peck's letter in the last Newsbrief. He wrote that tour funds belong to the tour participants and what they do with their funds is their own business. He is, of course, correct. The tour participants can do whatever they wish with their funds. That is no problem. The problem would be if the club accepted a resolution to make it a policy that tour participants subsidize the tour leader. The tour participants would then have no choice but would have to use their funds for this purpose, like it or not. We accepted government funds on the agreement that our club would be run by unpaid, volunteer workers and stated this fact on our Constitution. A proposed resolution to subsidize tour leaders would violate this clause in our charter and would therefore not be in order. I wish John Peck could see the logic in this reasoning and accept the conditions of our charter and perhaps bring closure to this very vexing problem.

Marten McCready

NEW MEMBERS

Welcome to the following new members:

Ness McCulley

30, 1923 Purcell Way, North Vancouver, V7J 3H4
604-980-7344

Muriel Hemmes

71-10600 No 4 road, Richmond, BC, V7A 2Z7
604-277-3187

Total members 423

CYCLING ONTARIO'S BACKROADS
including the Trans-Canada Trail: detailed cycling itineraries for the Do-It-Yourself cyclist. Providing all the information required to arrange your own

cycling holiday, including detailed maps and escort notes. Four different itineraries available.

For information call 519 539 6650 or visit the web: www.oxford.net/~lynebike/indes.html or E.mail: lynebike@oxford.net.

Mary Eickhoff

excerpted from the publication **CARP News** (Canada's National Publication for the Fifty-Plus)

VICTORIA TOUR REPORT - Horst Hees

Apr 21, 1997, at the Schwartz Bay ferry terminal there were 24 visitors from other shores and 12 welcoming locals. 92 km for some of us.

Apr 22, with George Setterfield on the GOOSE, beautiful scenery and some rocky roads. 24 started, and I clocked 106 km. We 'camped' by the beautiful Sooke River and George provided coffee and tea.

Apr 23, Brenda Borron led us, with help from James Wolff, on the best little ride in town through the Highlands. There were 21 of us at the star

Apr 24, Sonja Joos/Barbara Hetzer took 10 to Shawnigan Lake, over the Malahat. Coffee, snacks & pic-nic were provided by these Victoria SUPER HOSTS. I hear their guests even found nice things under their pillows. Carl's computer showed 93 k

Apr 25, Jan Grove and Bruce Ross took 15 of us on a 75k "COFFEE HOUSE TOUR" around the Esquimalt-Saxe Point, Victoria waterfront, through the Uplands & Mount Doug Park to lunch.

Apr 26, Jan Grove took us to the PUB the long way 'round and tested us on some Sooke hills before stopping at the "17 Mile House" for "Chowder in the bread". 18 participants, 67 km.

Apr 27, Horst Hees led the way to Sidney and the last "off shore" visitors decided to head for the ferries and home after we had a lovely meal at "Rum Runner Pub". The Sidney Pollards took us through their home town to the ferries. There were 18 of us and my computer said 68 when I got back home.

THANK YOU to all the visitors, leaders and hosts. El Presidente and his Pat, and Carl Rorison, stuck it out for the entire tour. Congratulations!

Of course it was our world famous weather that attracted the visitors here. We had arranged to hear complaints on Monday the 28th, but there was nobody left to complain. So we declared the tour a success and I'll be off to Europe for a while.

Love, Horst.

THIS 'N THAT

Items left in the club's storeroom

There are still some tires left in the supply room will the owners please come and remove them. Also, there is a bike stand and luggage wheel carts, plus a bundle of inserts (?).

Barton Howes

Open house

Terminal Systems Inc, Roberts Bank New Container port is having its open house on Saturday June 28th 11am - 4pm. We have watched it grow and now we can have a closer look.

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April Birthday Bash

After a sunny cycling day it was off to Rickys' for dinner

I'm not too sure of the numbers for cycling, but there were 28 at supper, where Martin led us off in singing 'Happy Birthday' to Lynn Dick, Frieda Kaufmann and Don Gowing.

Beside chatting, which we all do well, we enjoyed looking through the Xmas party photo album that Lee Kraft had made up for Al. A very photogenic group.

Thanks again to Al, Dorothy and Shirley for making our monthly Ladner suppers a 'Do Not Miss' event.

Terry Green

FOR SALE

Barbara Hetzer, Victoria has a T700 Cannondale Touring bike for sale and is asking \$450 for it. If interested phone Barbara at 250-995-8430

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Mel Kerr advises that one of his Wednesday group riders has decided, because of age and strength to sell his bike. He really hasn't used it that much. He would be suprised if it has been ridden more than 1000k. If interested give Mel an offer for a nearly new 21" Nishi Kodiak men's bike, double butted chromaly, biospace 48-38-28 chainwheel, 6 cog 28-13 freewheel, fenders, carrier, lock, computer, 26" x 1.75" tires. If interested phone 604-985-5038 or write 902 W Queens Rd, North Vancouver BC, V7R 1H2.

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 CCCTS TOURS

Toppenish, Washington

May 13 - 22; Dan Baris 509-865-2315

This tour will be under way by the time you receive this letter, hopefully with warm weather and a cheery sun overhead.

Denmark/Sweden:

June 1 - 30 '97

Rolf Petersen 250-384-6804

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: accommodations, including breakfast (lunch & dinner not included) and shipping between islands, Denmark and Sweden \$1600, payable by March 15th. Participants to make their own travel arrangements to Copenhagen. A \$100 non-refundable deposit payable to CCCTS was required by Jan 1.

Participants: (22) Rolf Petersen, Shirley Mae & Jim Jeffrey, Alida & Guenther Wellman, Ron & Janice Pickerill, Mary Whyte, Sally Svensson, Sally Petersen, Emil Jensen, Theresa & Wendell Green, Carl & Joyce Dukeshire, Dan & Jerry Barris, Sylvia Mather, Dennis Parsons, Glen & Jean Smith, Audrey Hayes.

Vancouver Area 6 day Stay-at Home Tour

Jun 9-14 - Shirley Fisher

Time: 10 am except Tuesday @ 9:30 am

Location: listed below

Eats: Brown bag it

Accommodation: your own sweet bed

Transportation: Car pool if possible.

Mon Jun 9: Al Hollinger 946-1347, Container Dock Tour; Cars at Ladner Community Ctr to proceed to ferry terminal (this one was planned for you, Victoria).

Tue Jun 10: Mary Eickhoff 535-2513, Lake Whatcom; Meet Bloedel Donovan Park, Bellingham, WA. I-5 to exit 256, left under freeway on Lakeway dr.; straight through 4 traffic lights to a Y, veer left onto Electric, right into parking lot by Whatcom Lake. *Be sure to allow travel time for border delay.* (loop route around Whatcom Lake abt 85 km.)

Wed Jun 11: Dan McGuire 942-3235, Belcarra-Buntzen Lake; Cars at Port Moody City Hall, 240 Ioco rd., by ice rink.

Thu Jun 12: Fritz Niebisch 588-2408, South to North; Cars at Tudor Inn, Canada/US Truck Crossing, Hwy 15.

Fri Jun 13: Carl Rorison 530-6264, Sumas-Silver Lake; Cars at Chum Cafe on Hwy 11 between Abbotsford & Sumas.

Sat Jun 14: Bob Douglas 435-3893, Fraser Valley; cars at Fort Langley Museum parking lot, right off Main St.

Northern Gulf Islands Tours

Tour 1 - Diana & Al Lifton 250-468-5696; July 8/21; designated driver fees - waived

Tour 2 - John Peck 604-538-0195; July 22/Aug 4.

Maximum 30 on each tour; estimated cost \$325 plus ferry fares (approx \$70 for adults & \$40 for BC seniors); cycling distance 700k. Deposit \$100 due April 1 with the balance (\$225) due by June 1.

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; end of tour.

The truck will carry on to the Club office to unload Tour 1 bags; pick up Tour 2 bags and supplies; and then carry on by ferry to Nanaimo. The truck will be at the ferry the following morning, July 22, to start the second tour.

Participants Tour 1 (24); Cathy McPherson, Joan Enman, Emidia Lepore, Bob Douglas, Rick Jenks, Elsie Dean, Martine Donahue, Judy Jackson, Anna Markus, Margaret Fyfe, Yvonne Miller, Carl Rorison, Bruce Ross, Art Borron, Al & Diana Lifton, Jean Horrocks, Mary Eickhoff, Eleanor Bannister, Ian Cassie, Brian Pollard, Myrna Pollard, Brian Lamb, Leila Montgomery.

Participants Tour 2 (28); Jan Grove, Ray Merness, Vernon Patterson, Christina Radnai, Roy & Helen Goodchild, Sonja Joos, Jean Richards-Carter, Josie Zewiec, Bill Hook, Barbara Faulkner, Robert Miller, John Peck, David & Virginia Brown, Frank Weber John Harvie, Zel Harvie, Fritz Niebisch, Monty Peters, Irene Hatton, Therisa Green, Robert Stevens, Catherine Lynch, Robert Helms, Tamas & Wendy Sandor, Sally Svensson.

Olympic Peninsula Circle Tour:

Aug 11 - 16. Marion Orser 604-520-7636

A camping tour of the Olympic Peninsula. Maximum 15. o updated plans will be in the next newsletter. We will start in the Ladner/Tsawwassen area around 10am (after 8am ferry from Schwartz Bay) then ride to Birch Bay, Deception Pass, Pt Townsend, Dungeness, and return via Victoria. Distances are not yet confirmed but my aim is for no more than 80k per day. Cooking will be on your

own (sharing recommended) or eat out. I can taste that Dungeness crab now!

Participants: Marion Orser, Cathy McPherson, Lorraine Singh, Art Borron.

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 \$450. Fifty dollars due June 1 with the balance of \$440 due Aug 1. 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 where we will be staying at Tubby's RV Park (arrangements are being made to leave your vehicle) From Dawson Creek we 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.

The detailed itinerary was published in the Dec '96 Newsbrief.

Participants: (37) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Martine Donahue, Andre Milaire, Roy Towler, Christina Radnai, Ian & Inge Polley, Joan Thompson, Bruce Ross, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman, Frank Weber, Olive Balabanov, Ann Miller, David & Truus Clark., Yvonne Miller, Josie Zewiec, George Andrews, Victoria Bernhardt, Jean Horrocks, Rolf & Sally Petersen, Ian Casie, Palle Pedersen, Glen Smith, Jean Smith, Wendy Pearson, Paul Westmattelmar, Dennis Parsons, Keith Clothier.

Vancouver Area Sept Stay-at Home Tour

A fall stay-at-home tour is in the planning stages with daily rides from the Jericho Youth Hostel. There will be further information on subsequent Newsbriefs.

Gabriola Island Tour

Sep 15-17 - Dennis Parsons 250-881-1179

Over to the island a few days ago to visit Lady Patricia and she was very insistant that we cycle up as we have done for the last 10 years to camp on the lawn in front of the log cabin to enjoy the lighthouse, the ferries passing by and the snow-capped mountains in the distance.

Pat lives in her new mansion next door and the cottage is leased but Al, the renter, had to agree to allow us, on our brief visit, the use of the living room, with its large fireplace. Also full freedom in his kitchen. He is a nice guy and I know he won't sulk.

The drill, as always, will be to find our way to Gabriola Island (by bicycle) where we will receive a sumptuous supper.

Breakfast next morning made by volunteers, self-made sandwiches for lunch, and after exploring the island, another feast.

Two nights of tenting and jollification then we cross to Vancouver Island, have breakfast and ride home.

All this for only \$49, \$10 non refundable.

The Chemainus Dinner Theatre would be an interesting extension of the Gabriola Island Tour. Instead of leaving with the others from Gabriola on Thursday, sleep in, catch a later ferry, visit Nanaimo, take a leisurely ride through the country, have lunch at the Crow & Gate which is in a rural setting, then drift down to Chemainus for ice cream and mural viewing.

Dinner Theatre - Chemainus

Sep 18 - Joyce and Carl Dukeshire

Cycle to Chemainus and enjoy a very nice buffet dinner and the play, "The Odd Couple" at the Chemainus Theatre. There should be ample time to explore the murals before dinner, and the next morning. For those completing the Gabriola Tour who wish to attend the dinner-theatre, it is an easy ride to Chemainus from Nanaimo (approx. 20 mi.) and an enjoyable way to finish that tour.

THEATRE: Dinner begins 5:30 pm

Play begins 8:00 pm

No shorts or riding gear, please.

TICKETS: Single \$37.45 incl. GST and dinner
Group, 15 or more, \$29.96 incl. GST and dinner.

RESERVATIONS: Deposit of \$10 (non-refundable) by Aug 1/97; balance by Sep 1.

Because of varied accommodation available in Chemainus, it is requested that all participants book on their own; tell them you are with CCCTS:

1) Horseshoe Bay Inn (250 416 0411) 1/2 km from Theatre; \$40/room, no charge for cot; Max. 10 rooms. This is a heritage-type hotel; all rooms do not have ensuite bathrooms. Juice and snack provided in the morning.

2) Fuller Lake Motel (1 800 246 3255) 2-1/2 km. from Theatre;

1 queen bed \$50 + GST

2 queen beds \$55 + GST

Both hotels have lock-ups for bikes.

3) There is also a clean hostel a block from the Theatre, phone number not known - manager not available when checking.

Rooms: 6 female beds/6 male beds;

Cost \$15/person

Cooking facilities available.

Members attending from Vancouver area should catch the 7:00 am ferry to Schwartz Bay and accompanied by Victoria members, will ride to Brentwood to catch the 11:00 am ferry to Mill Bay.

The ride from Mill Bay to Chemainus should be done easily in 3 hours (lots of time for lunch and exploring).

Balance of \$30 to be paid by Sep 1, based on possibility of less than 15 attending.

Participants: Joyce and Carl Dukeshire, Dennis Parsons.

Baja:

Oct 10 b- Nov 12; Barton Howes 604-378-0927

It will be motels, and good RV parks for tenting and evening restaurant meals. Morning porridge and lunches will be as usual. Cost: \$30 non-refundable deposit by March 30th with the balance of \$600 due by Sept 15th plus restaurant meals plus travel to San Diego and away from LaPaz (or other places).

The maximum for this tour is 28. *Members on the participating list who have not submitted their deposit by the required date will be replaced by members on the waiting list who have submitted the deposit.* Deposits will be refunded to any member on the waiting list who is unable to participate due to lack of space.

Participants: (28) Barton Howes, Faye Wilson, Leila Montgomery, Peter DenBoer, Vernon Patterson, Robert Curr, Augusta Lee, Jack Sheppard, Theresa Green, Carl Rorison, Eila Taylor Christina Radnai, Robert Miller, Dianne & Russ Horsnell, Joan Enman, Bruce Ross, Barbara Faulkner, Margaret Hunter, Andre Kaufmann, Bill Hook, Judy Jackson, John Hickman, John & Zel Harvie, Chuck & Lynn Dick, Ron Eadie.

Waiting list (13); Jean Horrocks, Dan & Jerry Baris, Ann Miller, Eleanor Bannister, Ron Eadie, Richard Lebek, Norm Carlson, Bruno Friegang, Cathie Friegang, Paul Westmattelman, James & Judy Jensen, Pablo Bleiker.

Arizona - Yup it is now happening.

Mary Whyte 604-946-6266 & Sally Svensson 604-987-3449, Nov 14 - 29; maximum 20

A motel tour with support vehicle for lunches and emergency use only. A volunteer driver is needed otherwise participants will share driving. Costs are TBA. Deposit \$50 by Sept 1. More details including possible group air fares will be published in a future Newsbrief.

Participants (15): John & Zel Harvie, Fritz Niebisch, John Peck, Barbara Hetzer, Shirley Fisher, Ray Berg, Carl Rorison, Margaret Fyfe, Al Hollinger, Ronald Watson, Cathy McPherson, Sally Svensson, Mary Whyte, Ness McCulley

1998 TOURS

Full details of tours will be published in future Newsbriefs. The following is to give you an idea of some of the tours already proposed.

Hawaii

This tour is normally in late January or early February. It is a great tour looking for a leader. Nearly all the leg work has been done and leading the tour requires minimum involvement.
Participants (2);

Cuba

Jan/Feb; Bruce Ross
Air travel via Canada 3000; fare \$700 + tax; bikes free (crated or bagged) 3 week tour
Participants (2)

Home-away-from-home Holland tour

Theresa Keet 604-596-1953
Who wants to come with me and stay in Nunspeet near Apeldoorn for 3 weeks and explore Holland as was mentioned in the last newsletter?

Did you know that Holland fits lengthwise between Edmonton and Calgary and BC is 28 times larger than Holland? Almost all the Dutch people, especially the younger ones, speak English and you will have no trouble getting around. It is still early but I would like to know if I can make groups booking for June 1998. Anybody interested please let me know. Any questions I am pleased to answer. Maximum 25.
Participants (8).

The Alaska Highway

Chuck & Lynn Dick - 604-261-5092
Chuck & Lynn are planning a 1536 mile 35 day tour in June/July beginning in Fairbanks Alaska and terminating in Dawson Creek BC (mile 0 of the Alaska Hwy).
Participants (6):

The Bard & the Bike

Ron & Janice Pickerill 604-261-2403
Ron & Janice are in the thinking stages of a cycling tour in the summer/fall combining the theatre town of Ashland, Oregon. They envision cycling in a circular route and stopping for 3 days of Shakespear etc. or a fixed centre town with some plays at night. There is an outdoor theatre always playing a Shakespear play and two indoor theatres with more modern plays. It might work out for non-cycling partners to come along for the theatre if we have a fixed centre.

The options are:

- camping - KOA site about 9 miles out of town
- hostel - \$14 US per night
- college - \$19 US per night

Any ideas from interested cyclists would be considered. Could we have a show of hands? (so to speak).

Participants: (2)

US Pacific Coast-

Martine Donahue 604-689-2743

Martine has proposed to lead a tour in the Fall from Vancouver to Mexico
Participants (2)

VANCOUVER WEEKLY RIDES

Sundays:

- **Vancouver:** 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:

- **Ladner:** Meet at the Ladner Community Centre 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 881-1179 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

OTTAWA WEEKLY RIDES

- **Thursdays:** For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502

CALGARY WEEKLY RIDES :-

with the "Elbow Valley Easy Riders"

Their rides are on Tuesdays and Thursdays April 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details.403-288-7910





NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 06

June 1997

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-7710
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	734-4881
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	881-1179
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923

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1997 CCCTS COMING & NEW EVENTS
JUNE

- Lower Mainland 6 day stay-at-home tour
June 9 to 14.

JULY

- Next Director's meeting Tues July 2

AUGUST

Annual picnic, Deas Island Regional Park -
Thurs, Aug 7.

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PRESIDENT'S CORNER

Our cycling season got off to a great start in Toppenish, Washington with Dan Baris leading us over hill and dale. From the murals in town (the idea was copied from Chemainus, BC), to the wine tour, to the hop fields and vinyards, to the swollen rivers and gentle hills, to the goathead thorns (was it 5 flats Margo!), to the comradeship of a large camp, was a very successful tour. It was unfortunately marred on our first real cycling day when the front wheel of Sonja Joos's bike slipped through the division in a cattle guard and she went over the bars breaking her helmet as well as her jaw and lacerating her face. In addition her helmet strap tightened around her throat resulting in her being unable to drink or eat for several days. She had to spend several days in the hospital in Yakima before Barbara (Hetzer) could take her back to Victoria where she is recuperating. We expect you to be back cycling soon Sonja. Everyone should take note to be extra careful when crossing cattle guards, they are not always what you expect to find.

The weather, always a topic of conversation, went in descending degrees from 99 degrees (F) outside of Dan and Gerry's house in Toppenish to rain on the morning we left camp when we were down to 14 hardy people from the start number of 54.

These types of rides, staying in one spot, and branching out from there, are being enthusiastically accepted by the Club - we expect 2 or more next year in new locations in addition to our Vancouver and hopefully Victoria rides.

Barton Howes has suggested that on conclusion of a tour the co-ordinator, with the approval of the treasurer, issue a summary financial statement showing the participants how their money was spent. The directors felt it was a good suggestion and it will be done in future.

The Club directors felt we should make a significant contribution to some of the more prominent health organizations which benefit us in our aging years!! They approved increasing our donations from \$25 to \$100 to the Heart & Stroke

IN MEMORY OF MEMBERS WHO MANY OF US HAVE CYCLED WITH

Readers of the Newsbrief, who knew him, will be saddened to hear that Roly Reader died at the age of 66 after a short bout with cancer, at his home in Bragg Creek, Alberta on May 29th. Roly was an enthusiastic cyclist and participated in the Alaska tour in 1991, the Arizona tour in 1992 and in the Dempster Highway tour in June 1994. He also came with me and his brother Paul on numerous shorter trips in the area west of Calgary. It's going to be tough to find a better cycling companion.

Bob Jordan

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We are saddened to report that John Hathaway died from cancer at the age of 72 while in the palative care unit of the Burnaby General Hospital. John's cycling exploits around the world were truly legendary.

LADNER BIRTHDAY DINNER - Mary Whyte

Al's May Birthday Bash was, as always, a happy relaxed social evening. Despite the large group cycling in Toppenish there were 20 of us to celebrate the birthdays of Frances Bissegger & Roy Barrows. It was great to see Francis and Max back amongst us, we've missed you both and warmly welcome your return.

Martin McCready almost didn't make it - you see he has got a new love in his life which requires lots of TLC. His old trusty companion of 20 years has been discarded like an old shoe to make way for "The Green Goddess". Who or what is the Green Goddess - it's a brand new 7 seater Windstar. It has to be taken out for a daily outing of perhaps 5km - driven at a modest pace, then it has to be cleaned and polished. The instruction manual has to be read and absorbed - all of which takes time - it's a wonder Martin has any time left for cycling. Only joking Martin. Congratulations and enjoy your new vehicle.

Thanks Al for putting on another great party.

Editor's note: Is this a case of the pot calling the kettle black? Rumours have it that Mary's own baby is "The Red Baron" a sporty new red VW Jetta!

A PLUG FOR OUR LADNER RIDE - Mary Eickhoff - an excerpt from the Delta Optimist

If cycling's your game, a morning ride with the South Delta chapter of the Cross Canada Cycle Tour Society will get your heart pumping. Get in shape

with the Society's Tuesday and Thursday morning rides starting at 10am at the Ladner Community Centre. Tour leader Al Hollinger will take you 76km out to the Reifel Bird Sanctuary, the Roberts Bank Superport, and the Tswassen ferry terminal.

There's social events too - every month, the South Delta clan gets together at Ricky's Restaurant to celebrate everyone's birthday for that month.

"It's definite fun time" says Hollinger, call him at 946-1347 if interested.

Editor's note; The article also included an outline of our tours but did not mention that the 76km included Point Roberts and a social deli lunch.

THE DAY OF THE VANCOUVER ISLAND PICNIC - Dennis Parsons

The picnic is over; a little while ago we watched a line of cyclists in their bright colours, disappearing in the distance on their way to the ferry.

Here, in the park, some were still talking and leaving in groups or singly while Rolf and Sally with Bill and Barbara were packing their boxes with stoves, urns, cutting boards and the paraphernalia needed to serve the visitors.

It is quiet now, the tables under the shelter have been wiped down. Everything is spic and span.

At last we met some of Mel's Wednesday group. Lucky it didn't rain." Chit chat, the anti-climax. After all the work it seems to end so suddenly.

Two days ago in the pouring rain, Rolf and Sally drove out to test whether the electrical outlets were live and then back home to time how long a filled coffee urn took to boil. Yesterday it rained again. Bill and Barbara cooked the chile. They found they did not need the help that was offered. After all the suggestions on how to make the best chile they were doing it their way.

There are national cookoffs among chile champions, so they had quite a challenge. Joyce and Barbara were phoning. Couldn't get Brian, Bert's phone was always busy and so many already away on trips. The weather forecaster offers little help. The anxiety, the tension. But the day of the picnic opened with a blue, blue sky. Now it's not whether anyone will come but how many.

Sonja, Doc, Brian and Russ were at the ferry slip to meet and guide the Mainlanders to the site. The lunch makers, now with many helpers, were busy. Chile on the stove, urn plugged in, knives flashing cutting buns and melons. The noise builds up as the crowd arrives. Work is complete; loud shout, announcements made. Directions given on how to line up for grub, and the procession begins. Brenda, our conscientious ticket collector stands apart, scanning to see if she missed anyone.

A mellowness settles over the area as they eat and talk.

Thanks Mel, Bob, Al, Ian and John for bringing your groups. Did you have someone phoning too? Thanks all of you. You made it the picnic we wanted. For the cast of characters in the Mainland picnic in August, just substitute names. We'll be there.

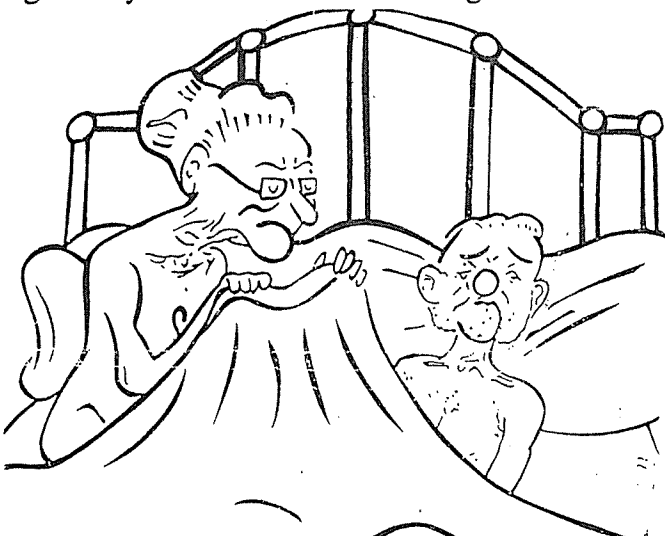
THIS 'N THAT

The bike shuttle through the Massey Tunnel (Ladner) commenced May 1 on week ends. Starting June 1 it will be daily.
 Southbound: 6am, 9am, 11am, 1pm, 3pm, 5pm, 6pm, 7pm
 Northbound: 7:15am 8:30am, 9:30am, 11:30am, 1:30pm, 3:30pm, 5:30pm, 6:30pm, 7:30pm
 To confirm times phone Ministry of Transportation & Highways 660-8300 or 574-3164.

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Do You Remember: are you worried about memory loss?

Forget it! People who complain of memory loss are more likely to be dealing with anxiety or insecurity than the onset of dementia or Alzheimer's disease. Researchers at the National Institute of Aging in Baltimore say only 19% of a recent study group complaining of memory loss had significant cognitive impairment. The remainder showed signs of depressive symptoms, neuroticism and feeling of inadequacy. Of the 1966 people over 70 years of age, 58 complained of memory loss. Of this study group, only 11 were found to have organic impairment to support their complaints. According to the *Independent Senior* newspaper report, Dr Alan Zonderman said, "people shouldn't feel they're coming down with a terrible, fatal, degenerative disease just because every now and again they can't remember something."



MY GOD; DIDN'T YOU SAVE ANYTHING FOR OUR RETIREMENT

Editor's note: No, it's not memory loss! I just thought it might be appropriate to publish the following duty again.

Just a line to say I'm living,
 that I'm not among the dead,
 Though I'm getting more forgetful
 and mixed up in the head.

I got used to my arthritis,
 to my dentures I'm resigned,
 I can manage my bifocals,
 but God I miss my mind.

For sometimes I can't remember
 when I stand with foot on the stair
 If I must go up for something,
 or have just come down from there.

And before the fridge so often,
 my poor mind is filled with doubt,
 Have I just put food away, or
 have I come to take some out.

And there's time when it is dark
 with my nightcap on my head,
 I don't know if I'm retiring, or
 if I'm just getting out of bed.

So, if it's my turn to write to you,
 there's no need for getting sore,
 I may think that I have written,
 and don't want to be a bore.

So, remember that I love you,
 and wish that you were near,
 But now it's nearly mail time
 so I must say goodbye dear.

There I stand beside the mailbox,
 with a face so very red,
 Instead of mailing you my letter,
 I have just opened it instead.

BEFORE YOUR RIDE; THE ABC QUICK CHECK

Timely bicycle maintenance can prevent a serious accident. Here is the ABC Quick Check which you should do every time you ride.

- A is for Air**
- check tire pressure. Tires should be inflated to the rated pressure noted on the sidewall.
- Check for damage to the tire sidewall and/or tread. Sidewall damage is common if the brakes aren't adjusted properly. If the bands of the tire are showing below the surface, you need a new tire - now.

B is for Brakes

- Check the brakes for pad wear and adjustment. Visually check the brake-block pad. If less than 1/8" of rubber shows at any place, replace the brake-block pad assembly. Make sure the brake blocks are parallel to and aligned with the side of the rim when applied.
- Check cables and housing. Cables need to travel smoothly. If the cables stick, apply lubrication at the ends of the housing and work it in by applying the brakes several times. Frayed cables should be replaced.

C is for Crank Set

- Check the crank set. The crank set consists of the bottom bracket, the crank arms, and chainring. To do this check, take the left and right crank arms in your hands and attempt to move them sideways. If both move, you have a problem with the bottom bracket. If only one moves, the individual crank arm is loose and must be secured. You should never ride with a loose crank arm.

Quick is for Quick Releases

- Quick release hubs need to be tight, but not too tight. The proper pressure is obtained by pushing on the quick-release lever so it leaves an impression on the palm of your hand. The closed lever should face up and back to minimize the chance of catching on anything while you ride.
- Quick-release brakes, which are opened when removing or installing wheels, need to be in the closed position. When closed, check to make sure the brake pads aren't rubbing the rims.

Check

- Is for a brief, slow ride to check that your derailleurs and shift levers are working properly.

PHANTOM GEARS - Why you don't have as many gears as your bike shop says you do.

The combination of three chainrings (front) and five cogs (rear) ostensibly results in 15 gears, yet at least two of these should not be used (or are unuseable). Here's why: The chain angle from the inner chainring to the outer cog is so severe that the chain will rub against the outer chain ring. Severe chain-angle distortion also occurs when the chain angles from the outside chainring to the inside cog. The chain operates with the least friction when it is straight from front to back. The extreme angles produced by an inner/outer combination also wears out chainrings and cogs rapidly.

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.

- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 CCCTS TOURS

Denmark/Sweden:

June 1 - 30 '97

Rolf Petersen 250-384-6804

This tour will be well on its way by the time you read this Newsbrief. We wish them happy and safe cycling

Northern Gulf Islands Tours

Tour 1 - Diana & Al Lifton 250-468-5696; July 8/21; designated driver fees - waived

Tour 2 - John Peck 604-538-0195; July 22/Aug 4.

Maximum 30 on each tour; estimated cost \$325 plus ferry fares (approx \$70 for adults & \$40 for BC seniors); cycling distance 700k. Deposit \$100 due April 1 with the balance (\$225) due by June 1.

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; end of tour.

The truck will carry on to the Club office to unload Tour 1 bags; pick up Tour 2 bags and supplies; and then carry on by ferry to Nanaimo. The truck will be at the ferry the following morning, July 22, to start the second tour.

Participants Tour 1 (24); Cathy McPherson, Joan Enman, Emidia Lepore, Bob Douglas, Rick Jenks, Martine Donahue, Judy Jackson, Anna Markus, Margaret Fyfe, Carl Rorison, Bruce Ross, Art Borron, Al & Diana Lifton, Jean Horrocks, Mary Eickhoff, Eleanor Bannister, Ian Cassie, Brian Pollard, Myrna Pollard, Brian Lamb, Leila Montgomery, Maria Kost-Smit, Raynel Meness.

Participants Tour 2 (29); Jan Grove, Vernon Patterson, Christina Radnai, Roy & Helen Goodchild, Jean Richards-Carter, Josie Zewiec, Bill Hook, Barbara Faulkner, Robert Miller, John Peck, David & Virginia Brown, Frank Weber, John Harvie, Zel Harvie, Fritz Niebisch, Monty Peters, Irene Hatton, Therisa Green, Robert Stevens, Catherine Lynch, Robert Helms, Tamas & Wendy

Sandor, Sally Svensson, Barbara Hetzer, Yvonne Miller, Eksie Dean.

Olympic Peninsula Circle Tour:

Aug 11 - 16. Marion Orser 604-520-7636

A camping tour of the Olympic Peninsula. Max 15. You cook yourself (or with a buddy) or eat out. Lorraine Singh has offered to drive her van. Participants to share gas and ferry costs for the van. We will start in the Ladner/Tsawwassen area around 10am (after 8am ferry from Schwartz Bay) then ride to Birch Bay, Anacortes, Pt Townsend, Dungeness, and return via Victoria. Distances are not yet confirmed but my aim is for no more than 80k per day.

Participants: Marion Orser, Cathy McPherson, Lorraine Singh, Art Borron.

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 \$450. Fifty dollars due June 1 with the balance of \$440 due Aug 1. 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 where we will be staying at Tubby's RV Park (arrangements are being made to leave your vehicle) From Dawson Creek we 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.

The detailed itinerary was published in the Dec '96 Newsbrief.

Participants: (35) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Martine Donahue, Andre Milaire, Roy Towler, Christina Radnai, Ian & Inge Polley, Joan Thompson, Bruce Ross, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman, Frank Weber, Olive Balabanov, David & Truus Clark., Yvonne Miller, Josie Zewiec, George Andrews, Victoria Bernhardt, Jean Horrocks, Rolf & Sally Petersen, Ian Casie, Palle Pedersen, Glen Smith, Jean Smith, Paul Westmattelman, Dennis Parsons, Keith Clothier.

Vancouver Area Sept Stay-at Home Tour

A fall stay-at-home tour is in the planning stages with daily rides from the Jericho Youth Hostel. Further information on subsequent Newsbriefs.

Gabriola Island Tour

Sep 15-17 - Dennis Parsons 250-881-1179

Over to the island a few days ago to visit Lady Patricia and she was very insistant that we cycle up

as we have done for the last 10 years to camp on the lawn in front of the log cabin to enjoy the lighthouse, the ferries passing by and the snow-capped mountains in the distance.

Pat lives in her new mansion next door and the cottage is leased but Al, the renter, had to agree to allow us, on our brief visit, the use of the living room, with its large fireplace. Also full freedom in his kitchen. He is a nice guy and I know he won't sulk.

The drill, as always, will be to find our way to Gabriola Island (by bicycle) where we will receive a sumptuous supper.

Breakfast next morning made by volunteers, self-made sandwiches for lunch, and after exploring the island, another feast.

Two nights of tenting and jollification then we cross to Vancouver Island, have breakfast and ride home.

All this for only \$49, \$10 non refundable.

The Chemainus Dinner Theatre would be an interesting extension of the Gabriola Island Tour. Instead of leaving with the others from Gabriola on Thursday, sleep in, catch a later ferry, visit Nanaimo, take a leisurely ride through the country, have lunch at the Crow & Gate which is in a rural setting, then drift down to Chemainus for ice cream and mural viewing.

Participants: John Peck, Mary Eickhoff

Dinner Theatre - Chemainus

Sep 18 - Joyce and Carl Dukeshire

Cycle to Chemainus and enjoy a very nice buffet dinner and the play, "The Odd Couple" at the Chemainus Theatre. There should be ample time to explore the murals before dinner, and the next morning. For those completing the Gabriola Tour who wish to attend the dinner-theatre, it is an easy ride to Chemainus from Nanaimo (approx. 20 mi.) and an enjoyable way to finish that tour.

THEATRE: Dinner begins 5:30 pm

Play begins 8:00 pm

No shorts or riding gear, please.

TICKETS: Single \$37.45 incl. GST and dinner
Group, 15 or more, \$29.96 incl. GST and dinner.

RESERVATIONS: Deposit of \$10 (non-refundable) by Aug 1/97; balance by Sep 1.

Because of varied accommodation available in Chemainus, it is requested that all participants book on their own; tell them you are with CCCTS:

- 1) Horseshoe Bay Inn (250 416 0411) 1/2 km from Theatre; \$40/room, no charge for cot; Max. 10 rooms. This is a heritage-type hotel; all rooms do not have ensuite bathrooms. Juice and snack provided in the morning.
- 2) Fuller Lake Motel (1 800 246 3255) 2-1/2 km. from Theatre;
1 queen bed \$50 + GST
2 queen beds \$55 + GST

Both hotels have lock-ups for bikes.

3) There is also a clean hostel a block from the Theatre, phone number not known - manager not available when checking.

Rooms: 6 female beds/6 male beds;

Cost \$15/person

Cooking facilities available.

Members attending from Vancouver area should catch the 7:00 am ferry to Schwartz Bay and accompanied by Victoria members, will ride to Brentwood to catch the 11:00 am ferry to Mill Bay. The ride from Mill Bay to Chemainus should be done easily in 3 hours (lots of time for lunch and exploring).

Balance of \$30 to be paid by Sep 1, based on possibility of less than 15 attending.

Participants: Joyce and Carl Dukeshire, Dennis Parsons.

Baja:

Oct 10 b- Nov 12; Barton Howes 604-378-0927

It will be motels, and good RV parks for tenting and evening restaurant meals. Morning porridge and lunches will be as usual. Cost: \$30 non-refundable deposit by March 30th with the balance of \$600 due by Sept 15th plus restaurant meals plus travel to San Diego and away from LaPaz (or other places).

The maximum for this tour is 28. *Members on the participating list who have not submitted their deposit by the required date will be replaced by members on the waiting list who have submitted the deposit.*

Deposits will be refunded to any member on the waiting list who is unable to participate due to lack of space.

Participants: (28) Barton Howes, Faye Wilson, Leila Montgomery, Vernon Patterson, Robert Curr, Augusta Lee, Jack Sheppard, Carl Rorison, Eila Taylor, Christina Radnai, Dianne & Russ Horsnell, Joan Enman, Barbara Faulkner, Margaret Hunter, Andre Kaufmann, Bill Hook, Judy Jackson, John Hickman, Ron Eadie, Dan & Jerry Baris, Ann Miller, Eleanor Bannister, Richard Lebek, Bruno Friegang, Cathie Freigang, Paul Westmattelman, James Jensen.

Waiting list (2); Judy Jensen, Pablo Bleiker.

Arizona - Yup it is now happening.

Mary Whyte 604-946-6266 & Sally Svensson 604-987-3449, Nov 14 - 29; maximum 20

A motel tour with support vehicle for lunches and emergency use only.

We now have a volunteer driver, Roberta Cambell, whose husband Ed will be riding

Cost \$800 which includes hotel and motel accommodation, five continental and two full breakfasts, breakfast and dinner at the Biosphere and all lunches except on rest days. A \$50 non-

refundable deposit is required by Aug 1 with the \$750 balance by Sept 1. The cost does not include airfare but we are trying to negotiate a group rate with Jeanette Trigilles of "Cambie House of Travel" including free bike transport.

Itinerary: (Approximately 1000km

The tour starts on Nov 14 with an overnight stay at the Airport Inn in Phoenix.

Nov 15 - Casa Grande	92km
Nov 16 - Tuscon	115km
Nov 17 - Benson	80km
Nov 18 - Tombstone	40km
Nov 19 - Bisbee	42km
Nov 20 - rest day	
Nov 21 - Douglas	40km
Nov 22 - Sierra Vista	90km
Nov 23 - Nogales	107km
Nov 24 - Tuscon	100 km
Nov 25 - rest day	
Nov 26 - Biosphere	62km
Nov 27 - Coolidge (downhill)	92km
Nov 28 - Phoenix	86km
Nov 29 - homeward bound	

Participants (20): John & Zel Harvie, Fritz Niebisch, John Peck, Barbara Hetzer, Shirley Fisher, Ray Berg, Carl Rorison, Margaret Fyfe, Al Hollinger, Ronald Watson, Cathy McPherson, Sally Svensson, Mary Whyte, Ness McCulley, R Bremner, Roberta & Ed Campbell, Glen Smith.

Waiting list: (8): Jean Smith, Rachel Amiot, Norm Taylor, Russ Kelley, Edwin Hardy, John Hiza, Joyce Brown, Thomas Joyce.

Editor's note: I feel foolish splitting a couple because of the waiting list, however, it nearly always works out due to cancellations

1998 TOURS

Full details of tours will be published in future Newsbriefs. The following is to give you an idea of some of the tours already proposed.

Hawaii

This tour is normally in late January or early February. It is a great tour looking for a leader. Nearly all the leg work has been done and leading the tour requires minimum involvement.

Participants (2);

Cuba

ttv Jan 24-Feb 14; Bruce Ross 250-656-5591, maximum 25. Cost \$2,000, deposit \$200 by Aug 1/97, includes airfare, hotel. This is not a conducted tour; bring Spanish dictionary. Planned route Havana and central Cuba.

Air travel via Canada 3000; bikes free (crated or bagged) 3 week tour

Participants (13)

Home-away-from-home Holland tour

Theresia Keet 604-596-1953

Three weeks in June, 1998

Now is the time to think about going to Holland. Some people have expressed the view that three weeks in one place is too long. As I mentioned in the last Newsbrief, Holland is so small, so easy to get around in and there is so much to see and do, that I don't think it would be too long. I am researching how easy it is to take your bike on the train and train passes. Another possibility is going by train and renting a bike on the other end. Within the cities it might be easier to go without a bike and go walking or take the bus or streetcar. Holland has a lot of bicycle paths, some even with their own traffic lights.

The groups accommodation with rooms of 2 to 4 people, would be in a separate building, which has 35 beds and thus will house up to 25 people comfortably. If we go with less people, the price goes up as we rent the whole building, which has a kitchen and diningroom.

Cost would be plane ticket, meals, transportation and accommodation (\$19 - \$25 per day depending on the exchange rate). A map, routes and ideas will be available.

Let me know now if I can continue preparing this trip as the people in Holland want to book our group before another group books this time slot.

Participants (12).

The Alaska Highway

Chuck & Lynn Dick - 604-261-5092

Chuck & Lynn are planning a 1536 mile 35 day tour in June/July beginning in Fairbanks Alaska and terminating in Dawson Creek BC (mile 0 of the Alaska Hwy).

Participants (7):

The Bard & the Bike

Ron & Janice Pickerill 604-261-2403.

Ron & Janice are in the thinking stages of a cycling tour in the summer/fall combining the theatre town of Ashland, Oregon. They envision cycling in a circular route and stopping for 3 days of Shakespear etc. or a fixed centre town with some plays at night. There is an outdoor theatre always playing a Shakespear play and two indoor theatres with more modern plays. It might work out for non-cycling partners to come along for the theatre if we have a fixed centre.

The options are:

- camping - KOA site about 9 miles out of town
- hostel - \$14 US per night
- college - \$19 US per night

Any ideas from interested cyclists would be considered. Could we have a show of hands? (so to speak).

Participants: (7)

US Pacific Coast-

Martine Donahue 604-689-2743

Martine has proposed to lead a tour in the Fall from Vancouver to Mexico

Participants (2)

VANCOUVER WEEKLY RIDES

Sundays:

- **Vancouver:** 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:

- **Ladner:** Meet at the Ladner Community Centre 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 881-1179 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

OTTAWA WEEKLY RIDES

- **Thursdays:** For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502

CALGARY WEEKLY RIDES:

- with the "Elbow Valley Easy Riders"

Their rides are on Tuesdays and Thursdays April 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details. 403-288-7910





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July 1997

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

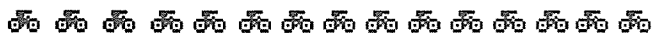
Items for the Newsbrief must be received by the 5th day of the month.

Directors:

President	Ted Stubbs	321-2784
Vice-President and Tours Coordinator	Marion Orser	520-7636
Treasurer	Ron Pickerill	734-4881
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	881-1179
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923



**1997 CCCTS COMING & NEW EVENTS
AUGUST**

Annual picnic & swapmeet, Deas Island Regional Park, River Road, Delta - Thurs, Aug 7, at 11am.

SEPTEMBER

Next Director's meeting Wed, Sept 3



PRESIDENT'S CORNER

Now that summer is finally shining brightly upon us we must take advantage and put our pedals to the metal of our bike pedals and pedal off on one of our cycle tours. OK! - you know what I mean!

Next up is the Northern Gulf Island tour with Diana Lifton & John Peck leading the way - it promises to be yet another of Diana's great adventures. Reports from the group on the Denmark/Sweden group indicated a superb time was had by all - even the weather co-operated - Rolf and Sally take a bow.

The Club is wrestling with trying to come up with some scheme to co-ordinate leading cycle trips for and with seniors from some of the senior centres in the lower mainland. It will require a commitment for anyone in the Club who has the time, inclination and skills to achieve this. Possibly two or more could work one centre sharing the duties on a bi-weekly basis for a specific time period during the summer. If you have the the time and desire please let the directors know but be aware that you will be committing yourself for a season unless you can find someone to take your place when you are unable to be there.

You all know that John Peck loves to doodle on his computer - well now he tells us that 45% of the Club members are male and obviously 55% female while our tours are comprised of 43% female and 57% male on average. Maybe this is because the average age of males is 66 yrs 11 mos while the female average is 62 yrs 1 mon. Just thought you might like to know!

Remember the block buster picnic and swapmeet - complete with various sporting endeavours next month - mark your calendar now and be sure to bring your swap items, a happy tummy and \$5 to the Deas Island Park at 11am on August 7. See you there.

Enjoy the summer - schools out - let's party - but safe cycling.

If any cyclist has questions on cycling legal or safety issues, check out Citizens for Safe Cycling's website (<http://www.cfsc.ottawa.on.ca>) and fire away!

submitted by John Peck

editor's note: I thought we in BC were required to have some sound device (other than our voice) on our bicycles! Also I understand that the BC helmet law is almost unenforceable due to the myriad of exceptions attributed to our so called Charter of Rights.

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Subsidizing tour leaders

I am disappointed to find Martin McCready still twisting the English language to justify his point of view. Even the Editor is caught up. "Subsidize" is the word in question. From the dictionary subsidize is :

1. to furnish with a subsidy
2. to purchase the assistance of by the payment of a subsidy.

At no time has it been suggested that tour participants could decide to subsidize a tour leader. It has been suggested, however, that tour participants could agree on a modified or reduced schedule of tour fees to be contributed by the tour leader. There is a difference. This matter is not dead - only simmering on the back burner.

Barton Howes

Editors's note: Whoops, how did I get involved in this!

NEW MEMBERS

Welcome to the following new member:

Ted & Jantien Golsteyn

4447 West 15th Ave, Vancouver, BC, V6R 3B1

604-222-4121

Muriel Duerbeck

PO Box 90, Lyons, CO, USA, 804540

Total membership 415

LADNER BIRTHDAY DINNER -

Another nice birthday dinner party at Rickey's Restaurant in Ladner. Twelve cyclist showed up from our Tuesday ride led by Al Hollinger and, surprise, surprise, six more cyclists showed up a littler later, coming back from the Lake Whatcom Tour, led by Mary Eickhoff.

This time, the birthday party was for Theresia Keet which was made even a little more special because two of our Colorado members, Kathy and Tom, were with us. They were there on account of the

'Stay-at-Home' tours organized by Shirley Fisher. Shirley is a super hostess! The same applies to Dorothy Kennedy, who saved a piece of cake for Alyce McKay, who is recovering, but still not well enough to attend our monthly get together. So you see some people can have their cake and eat it too!

Thanks to all - Shirley, Dorothy, and Mary from all your bicycle friends, and - Tom and Kathy, we hope you had a pleasant trip back home to Denver - it was so nice having you.

Katryn Jeronimus

On the 2nd Tuesday on every month, those who ride from Ladner meet for a social dinner at Rickey's in Ladner. Usually a cake is brought in for those having birthdays. At the last dinner, we were reminiscing how this ride has been going on practically unchanged since 1984. During the past thirteen years we have met a number of new people yet many former members are still active. There seems to be no desire to change the itinerary as it suits our purpose very well.

However, we have to credit Al Hollinger who has been our inspiration in bringing us out every week. He has also been the spark plug for starting our tradition of monthly dinners at Rickey's, Christmas parties, Halloween parties, beach barbecues, bicycle maintenance courses, and whatnot. Dorothy Kennedy and Shirley Fisher have acted as hostesses at these functions.

While we were talking, Anon Amos suggested a little verse to commemorate Al's contribution to the Tuesday group. As we know, Anon has authored many poems and has put together the following tribute to Al for all he has done for us.

It was the regular meeting
Of the Tuesday cycling group,
And Al again led us
Around our usual loop.

This ride is traditional,
It's set and doesn't vary.
We always visit Reifel's place
And then go to the ferry.

We see the same small ducklings
At the refuge on the way.
And see the same old coal pile,
That we saw the other day.

The boats still tie up at the dock
The way they do at shore.
And then we cycle down the road
That we cycled up before.

The hill ascending English bluff
Is still as steep today.
But it would be unthinkable

To go another way.

At the tea house we're expected
As we take our places.
And even at the border stop
They recognize our faces.

We're here again at Rickey's
With all the same old bunch.
It's Tuesday right on schedule
For our laid-on birthday lunch.

And when the cake is carried
And we sing the old refrain.
We honour those among us
For it's birthday time again.

Now please do not misjudge me,
And think that I protest.
An ever-changing panoply
Is not what I request.

I quite like these frequent times
With its standard, fixed routine.
It's reliable, predictable,
It's what it's always been.

It doesn't matter where we go,
Or what we do or see,
As long as we enjoy ourselves
With pleasant company.

Our joy is in the cycling,
And having good friends too,
Of this we'll never tire.
It's what we want to do.

So, Al, to you we give thanks
For leading us each week.
Although the route's familiar,
It's the doing it, that's unique.
Anon

Editor's note: Normally we do not accept anonymous articles but for Mr Amos we will make an exception.

THIS 'N THAT

e-mail addresses; Currently 42 of our members have e-mail addresses. If anyone would like to have a list of these addresses, please send your request to 'cccts@vcn.bc.ca'.

888888888888888888888888888888

Safety recall; Some bike parts are failing - and the manufacturer says there could be injuries. The majority of the parts on most bikes are made by one

company, the giant Japanese manufacturer "Shimano." Shimano is ordering a major safety recall which will affect tens of thousands of bikes. The cranks which connect the pedals with the rest of the bike could break. Shimano says riders should check their bikes for a number on the inside of the crank. The safety recall involves cranks labeled FC-CT90 - FC-M290 and FC-MC12. If your bike has a part with these numbers - Shimano says "don't ride the bike. Have the cranks replaced immediately."

John Peck

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Prostate Health; What is the Prostate? Located just below the bladder, it is a small ring-like gland/muscle that surrounds the urethra (the tube which drains the bladder). Some of its glandular functions are to produce fluids which lubricate the urethra, increasing sperm mobility, and adding nutrients which increase life expectancy of the micro-swimmers. Its muscle functions expel the seminal fluid during ejaculation, and also work with bladder muscles to control urine flow.

It starts out the size of a marble, and grows to walnut size with the introduction of increased testosterone at puberty. All is well until changing hormone levels and nutritional deficiencies result in further growth and hardening, creating a situation known as Benign Prostate Hypertrophy (BPH). This can create a symphony of male plumbing problems. The mechanics of BPH are simple. If the prostate becomes enlarged, it applies pressure on the urethra, and can interfere with urination. Major symptoms which may indicate you have BPH include having to strain to start the flow - even though it was urgent, and then having a weak stream, pain and burning with urination, or interrupted flow, followed by dribbling. Nocturnal urination often increases. Retained urine can lead to bladder and/or kidney infection, and acute renal (kidney) distress. Other symptoms can include discomfort during intercourse, painful orgasm, impotence, low back pain and diminished sex drive. If you are answering positive to a majority of these, and you haven't been tested lately, ship yourself off to your doctor.

If you test positive to BPH, it is a warning, not a death sentence. There are many options open to you. Educate yourself on the topic, empowering yourself to make informed choices. The writer strongly recommends immediate initiation of a plan of prevention, which can with time and persistence, lead to reversal. Strive to be in the percentage who don't allow their BPH to develop into prostate cancer, rather than the majority who create the statistics. Dare to be different! Following are a few key factors for prevention:

- Reduce the percentage of bad fats in your diet to approximately 30%
- Exercise
- Drink at least 8 glasses of pure water each day before 7pm
- Avoid hormone laced, commercially grown chicken
- Include lots of fresh fruits and vegetables in your diet.
- Avoid alcohol and caffeine
- Take a good quality supplement including a multi-vitamin/mineral (Vitalea), zinc (especially if you've had a vasectomy), B-Complex, the antioxidant group of Beta Carotene, Vita C, Vita E+Selenium, and Essential Fatty Acids (GLA).
- Reduce stress levels in your life
- Limit spices, refined salt, and avoid over-the-counter decongestants.
- Take Saw Palmetto extract - 160 mg twice a day to normalize urinary flow - It is NOT a cure for prostate cancer.

There are also several herbs that can be quite effective in the treatment of BPH.

The above was from an article in the RV Times written by William Hardman, D.TCM For a further information package call 1-800-813-1168

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Kinder, Gentler Ways to Say Someone is Stupid

- Doesn't have all his cornflakes in one box
- One Fruit Loop shy of a full bowl
- A few feathers short of a whole duck
- All foam, no beer
- Body by Fisher - brains by Mattel
- Has an IQ of 2, and it takes 3 to grunt
- Warning; Objects in mirror are dumber than they appear

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 CCCTS TOURS

Northern Gulf Islands Tours

Tour 1 - Diana & Al Lifton 250-468-5696; July 8/21; Tour 1 is in progress.

Tour 2 - John Peck 604-538-0195; July 22/Aug 4.

Maximum 30 estimated cost \$325 plus ferry fares (approx \$70 for adults & \$40 for BC seniors); cycling distance 700k. 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; end of tour.

The truck will be at the Club office on July 21 to unload Tour 1 bags; pick up Tour 2 bags and supplies; and then carry on by ferry to Nanaimo. The truck will be at the ferry the following morning, July 22, to start the second tour.

Participants Tour 2 (29); Jan Grove, Vernon Patterson, Christina Radnai, Roy & Helen Goodchild, Jean Richards-Carter, Josie Zewiec, Bill Hook, Barbara Faulkner, Robert Miller, John Peck, David & Virginia Brown, Frank Weber, John Harvie, Zel Harvie, Fritz Niebisch, Monty Peters, Irene Hatton, Therisa Green, Robert Stevens, Catherine Lynch, Robert Helms, Tamas & Wendy Sandor, Sally Svensson, Barbara Hetzer, Yvonne Miller, Elsie Dean.

Olympic Peninsula Circle Tour:

Aug 11 - 16. Marion Orser 604-520-7636

Cancelled due to lack of participants

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 \$450. Fifty dollars due June 1 with the balance of \$440 due Aug 1. 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 where we will be staying at Tubby's RV Park (arrangements are being made to leave your vehicle) From Dawson Creek we 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.

The detailed itinerary was published in the Dec '96 Newsbrief.

Participants: (32) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Martine Donahue, Andre Milaire, Christina Radnai, Ian & Inge Polley, Joan

Thompson, Bruce Ross, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman, Frank Weber, Olive Balabanov, David & Truus Clark, Yvonne Miller, Josie Zewiec, Victoria Bernhardt, Jean Horrocks, Rolf & Sally Petersen, Ian Casie, Palle Pedersen, Glen Smith, Jean Smith, Paul Westmattelman, Dennis Parsons.

Vancouver Area Sept Stay-at-Home Tour

A fall stay-at-home tour is in the planning stages with daily rides from the Jericho Youth Hostel. Further information on next month's Newsbriefs.

Gabriola Island Tour

Sep 16-17 - Dennis Parsons 250-881-1179

The drill, as always, will be to find our way to Gabriola Island (by bicycle) where we will receive a sumptuous supper.

Breakfast next morning made by volunteers, self-made sandwiches for lunch, and after exploring the island, another feast.

Two nights of tenting and jollification then we cross to Vancouver Island, have breakfast and ride home.

All this for only \$49, \$10 non refundable.

The Chemainus Dinner Theatre would be an interesting extension of the Gabriola Island Tour. Instead of leaving with the others from Gabriola on Thursday, sleep in, catch a later ferry, visit Nanaimo, take a leisurely ride through the country, have lunch at the Crow & Gate which is in a rural setting, then drift down to Chemainus for ice cream and mural viewing.

Participants: (6) Dennis Parsons, John Peck, Mary Eickhoff, Bruce Ross, Pat & Ted Stubbs

Dinner Theatre - Chemainus

Sep 18 - Joyce and Carl Dukeshire

Cycle to Chemainus and enjoy a very nice buffet dinner and the play, "The Odd Couple" at the Chemainus Theatre. There should be ample time to explore the murals before dinner, and the next morning. For those completing the Gabriola Tour who wish to attend the dinner-theatre, it is an easy ride to Chemainus from Nanaimo (approx. 20 mi.) and an enjoyable way to finish that tour.

THEATRE: Dinner begins 5:30 pm

Play begins 8:00 pm

No shorts or riding gear, please.

TICKETS: Single \$37.45 incl. GST and dinner
Group, 15 or more, \$29.96 incl. GST and dinner.

RESERVATIONS: Deposit of \$10 (non-refundable) by Aug 1/97; balance by Sep 1.

Because of varied accommodation available in Chemainus, it is requested that all participants book on their own; tell them you are with CCCTS:

1) Horseshoe Bay Inn (250 416 0411) 1/2 km from Theatre; \$40/room, no charge for cot; Max. 10

rooms. This is a heritage-type hotel; all rooms do not have ensuite bathrooms. Juice and snack provided in the morning.

2) Fuller Lake Motel (1 800 246 3255) 2-1/2 km. from Theatre;

1 queen bed \$50 + GST

2 queen beds \$55 + GST

Both hotels have lock-ups for bikes.

3) There is also a clean hostel a block from the Theatre, phone number not known.

Rooms: 6 female beds/6 male beds;

Cost \$15/person

Cooking facilities available.

Members attending from Vancouver area should catch the 7:00 am ferry to Schwartz Bay and accompanied by Victoria members, will ride to Brentwood to catch the 11:00 am ferry to Mill Bay. The ride from Mill Bay to Chemainus should be done easily in 3 hours (lots of time for lunch and exploring).

Balance of \$30 to be paid by Sep 1, based on possibility of less than 15 attending.

Participants: (6) Joyce & Carl Dukeshire, Dennis Parsons, Mary Eickhoff, Pat & Ted Stubbs..

Baja:

Oct 10 b- Nov 12; Barton Howes 250-378-0927

It will be motels, and good RV parks for tenting and evening restaurant meals. Morning porridge and lunches will be as usual. Cost: \$30 non-refundable deposit by March 30th with the balance of \$600 due by Sept 15th plus restaurant meals plus travel to San Diego and away from LaPaz (or other places).

The maximum for this tour is 28. *Members on the participating list who have not submitted their deposit by the required date will be replaced by members on the waiting list who have submitted the deposit.* Deposits will be refunded to any member on the waiting list who is unable to participate due to lack of space.

Participants: (28) Barton Howes, Faye Wilson, Leila Montgomery, Vernon Patterson, Robert Curr, Augusta Lee, Jack Sheppard, Carl Rorison, Eila Taylor, Christina Radnai, Dianne & Russ Horsnell, Joan Enman, Barbara Faulkner, Margaret Hunter, Andre Kaufmann, Bill Hook, Judy Jackson, John Hickman, Ron Eadie, Dan & Jerry Baris, Eleanor Bannister, Richard Lebek, Bruno Friegang, Cathie Freigang, Paul Westmattelman, James Jensen.

Waiting list (3); Judy Jensen, Pablo Bleiker, Brian Badger.

Arizona

Mary Whyte 604-946-6266 & Sally Svensson 604-987-3449, Nov 14 - 29; maximum 20

A motel tour with support vehicle for lunches and emergency use only.

Cost \$800 which includes hotel and motel accommodation, five continental and two full breakfasts, breakfast and dinner at the Biosphere and all lunches except on rest days. A \$50 non-refundable deposit is required by Aug 1 with the \$750 balance by Sept 1. The cost does not include airfare but we are trying to negotiate a group rate with Jeanette Trigilles of "Cambie House of Travel" including free bike transport. The itinerary was published in the June Newsbrief.

Participants (20): John & Zel Harvie, Fritz Niebisch, John Peck, Barbara Hetzer, Shirley Fisher, Ray Berg, Carl Rorison, Margaret Fyfe, Al Hollinger, Ronald Watson, Cathy McPherson, Sally Svensson, Mary Whyte, Ness McCulley, R Bremner, Roberta & Ed Campbell, Glen Smith.

Waiting list: (10): Jean Smith, Rachel Amiot, Norm Taylor, Russ Kelley, Edwin Hardy, John Hiza, Joyce Bowen, Thomas Joyce, Muriel Duerbeck, T Green.

1998 TOURS

Full details of tours will be published in future Newsbriefs.

Hawaii

This tour is normally in late January or early February. It is a great tour looking for a leader. Nearly all the leg work has been done and leading the tour requires minimum involvement.

Participants (2); John & Zel Harvie.

Cuba

ttv Jan 24-Feb 14; Bruce Ross 250-656-5591, maximum 25. Cost \$2,000, non-refundable deposit \$200 by Aug 1/97, includes airfare, hotel. This is not a conducted tour; bring Spanish dictionary. Planned route Havana and central Cuba.

Air travel via Canada 3000; bikes free (crated or bagged) 3 week tour. *Note: Due to the early popularity of this tour those who pay the required deposit by the specified dates will get preference*

Participants (25; Doc Watson, Barbara Faulkner, William Hook, Monty Peters, Sylvia Mather, Wendy Pearson, Mary Whyte, Bruce Ross, Bobbie Redmond, Fritz Niebisch, Doug Maffe, Jean Horrocks, Barbara Hetzer, Sim Wee, Myrna Korstrom, Peter Cordoni, Dan McGuire, June Gallagher, Chuck & Lynn Dick, James Erickson, Susane Gagnon, Josie Zewiec, George Stenning.

Waiting list (2) Dan & Gerry Baris

Home-away-from-home Holland tour

Theresia Keet 604-596-1953

Three weeks in June, 1998

See Holland the way the Dutch do, by day tripping on bike, by bus or train. Nunspeet (20km north of Apeldoorn) is very centrally located and in a beautiful recreation area. Holland has many

attractions, museums, castles and a Royal Palace, showing much of the history and how the water was conquered, polders created by windmills and now the almost completed Delta Works. We will have a building for ourselves, with kitchen, dining room and rooms sleeping 2 to 4 people. Cost would be the plane ticket, transportation, meals and accommodation \$19-25 per day depending on the exchange rate.

I will have ideas, routes and maps, so everybody can do what they are interested in. I would like to let the people in Holland know that we are interested in booking this timeslot for a group of 20 to 25 people as soon as possible before another group books it. If you have any questions please phone me.

Participants (12). David Clark, Theresia Keet, Truus Clark, Art Borron, Audrey Hayes, Dennis Parsons, Margaret Fyfe, Ronald Watson, Roy Barrows, Monty Peters, Bill Hannan, Audrey Hannan

The Alaska Highway -June July '98

Chuck & Lynn Dick - 604-261-5092

Camping with support vehicle. Max participants 24. This trip would begin in Fairbanks, Alaska and terminate in Dawson Creek, BC (mile 0 of the Alaska Hwy). As is typical of our previous China and Alaska tours there will be activities other than cycling. Of the 35 days, 25 are actual cycling days and other activities such as a possible train ride, paddle wheel tour and various visits to points of interest in major communities along the way will occupy the remaining days. We will attempt to fill each day with interesting points of departure from cycling and participants will be provided with detailed descriptions and maps. We will utilize well organized campgrounds at all times and may include the odd warm, cozy lodge if the overall cost will permit and the expense seems reasonable and justified. For those of us who have been on the Dempster Hwy trip or on the circuit tour with Ted Stubbs and for those who accompanied us on the Alaska tour, this trip will provide a natural extension, and in a sense a completion, of their northern excursion---or a beginning of others to come.

Distance & Average Miles per day:

We will cover 1536 miles in 25 days for a very healthy and somewhat challenging 61.5 miles per day. Some days obviously will be longer. We would suggest that persons intending to do the tour be capable of these distances on successive days. People who are not fit and haven't done some kind of preparation should be forewarned. There will be difficult days, weatherwise, I'm sure; difficult days when we run into unexpected construction which is an ongoing process on the highway. On the other hand there will be beautiful days with beautiful

scenery worth every turn of the crank. It depends on your spirit of adventure.

Current progress:

Chuck and Lynn are currently considering all the options regarding transportation and the options after the trip terminates which could include:

- flying directly home
- cycle to Prince George and return home by train
- rent a car (small group) and drive either home or to Prince George.

A detailed itinerary has been prepared by Chuck & Lynn which will be published in a subsequent Newsbrief. They will also have full details including all kinds of suggestions for people and lists of things to bring available at the AGM.

Recommendation:

- Participants should be regular riders who are in good physical condition or are prepared to become so
- Bicycles must be in excellent condition and are strongly urged to have good tires with kevlar belts or better and slightly oversized from your regular ones eg 28 mm or 32 mm or even 35 mm if they will fit.
- come prepared for the worst because anything better always looks fantastic
- bring lots of throw-away cameras particularly flash types and Panorama. They are light and take good pictures.

Participants (7): Chuck & Lynn Dick, Andre Milaire, Bill Augusteijn, Bobbie Redmond, James Wolff, Sharon Lindsey

The Bard & the Bike

Ron & Janice Pickerill 604-261-2403

Ron & Janice are in the thinking stages of a cycling tour in the summer/fall combining the theatre town of Ashland, Oregon. They envision cycling in a circular route and stopping for 3 days of Shakespear etc. or a fixed centre town with some plays at night. There is an outdoor theatre always playing a Shakespear play and two indoor theatres with more modern plays. It might work out for non-cycling partners to come along for the theatre if we have a fixed centre.

The options are:

- camping - KOA site about 9 miles out of town
- hostel - \$14 US per night
- college - \$19 US per night

Any ideas from interested cyclists would be considered.

Participants: (9) Janice & Ron Pickerill, David & Truus Clark, John Hickman, Marg Hunter, Jean Horrocks, Dan McGuire, June Gallagher

US Pacific Coast-

Martine Donahue 604-689-2743 - Cancelled

South Africa - March or November '98

There is the possibility of a conducted 3 week bicycle, mostly camping tour, in the Cape Province, followed by an optional 2 week tourist visit to places like Victoria Falls and Botswana. Exact cost is as yet unknown. Air fare is around \$2000 (or less), 3 weeks cycling with no cooking \$2100 (or less) 2 weeks ordinary touring about \$2400 for a total of \$6500 (or less) for 5 weeks. These are tentative figures only. If anyone is interested, please contact John Peck, Faxphone 604-538-0195, e-mail:peck@cs.ubc.ca, and tell him what kind of tour you would like.

VANCOUVER WEEKLY RIDES

Sundays:

- **Vancouver:** 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:

- **Ladner:** Meet at the Ladner Community Centre 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 881-1179 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

OTTAWA WEEKLY RIDES

- **Thursdays:** For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502

CALGARY WEEKLY RIDES:

- with the "Elbow Valley Easy Riders"
Their rides are on Tuesdays and Thursdays April 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details.403-288-7910



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 08

August 1997

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-7710
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. Items for the Newsbrief must be received by the 5th day of the month.

Membership fees: single \$25; couple \$35.

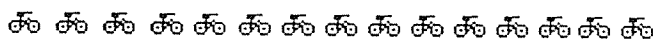
The month your dues expire is shown on the address label.

Directors:

President	Ted Stubbs	321-2784
Vice-President and Tours Coordinator	Marion Orser	520-7636
Treasurer	Ron Pickerill	734-4881
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	881-1179
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923



1997 CCCTS COMING & NEW EVENTS AUGUST

Peace River Tour Aug 23-Sep 12

SEPTEMBER

Directors' meeting Wed, Sep 3

Gabriola Island Tour Tue/Wed Sep 16-17

Chemainus Dinner Theatre Thu Sep 18

PRESIDENT'S CORNER

Another tour has just finished with yet another tour about to begin... summer has finally arrived as most of our tours for the summer are now behind us. If you haven't enjoyed any of the cycle trips with the club this year you are missing out on the main purpose of the club - to cycle with friends and be part of the banter and camaraderie of others. Still time to participate - the Peace, and two on Vancouver Island, plus the Baja and Arizona!

The directors have been reviewing the job description guidelines as outlined in the constitution. Some items have been eliminated and others have been added - to be completed for the new board in December.

As I write this the clouds have arrived in the form of a noisy thunder storm - with our picnic slated for tomorrow - hope to see you there as we eat and mingle and engage in some sporting endeavour such as a frisbee game.

Sorry to have Rowan Ley throw in the towel as Newsbrief editor - he is chasing the midnight sun in the Yukon I believe.

Enjoy the summer, it doesn't last long. Happy cycling.

EDITOR'S NOTEBOOK

It may be presumptuous of me, a stand-in, to comment in this space; however as Rowan Ley has taken leave for vacation and plans to follow other pursuits, I welcome the opportunity to wish him, on behalf of his avid readers and contributors to this Newsbrief, happy trails and beautiful skies. Rowan has, in truth, put his heart into the monthly issues, taking the time to encourage reluctant contributors to share their thoughts and talents with us, deciphering hastily scribbled notes, offering his editorial views, and we are all the better for it. We look forward to your return to some new role with the club and cycling CCCTS tours in future, Rowan.

Mary Eickhoff

LETTERS TO THE EDITOR

Attention: Editor

Cancelling my membership after these many years is being done for a very good reason. Being thrifty I realize that I will expire before the membership does.

After six months of visiting the doctor he finally had a barium test on me and found I have a stomach filled with cancer and the final curtain will be lowered in the very near future.

I must thank all those people that arranged cycle trips that I was so fortunate to be able to participate in - east coast of Australia - across Canada - South Africa - all over BC including Queen Charlotte Islands and short runs in Washington.

Not only were the trips very pleasant but befriending so many delightful riders and enjoying their company at meetings, picnics and rides makes life worth while.

May the only "C" you are confronted with be CCCTS.

Luv Ya, Monty Maundrell.

NOTICES

WANTED:

Volunteers for 1997/98 director positions. Anyone knowing the whereabouts of candidates please contact Ian Polley, Nominations Sheriff, 531-6955

FOR SALE:

19" "DeVinci" Caribou touring bike (as new) with 700 c wheels - Mavic UB open 20 rims; S.S. spokes; continental tires. Shimano 100 RSX equipped with mountain style bar rapid-fire-plus shifters, canti brakes. Wide gearing range for touring. 21 speed. Forest green. Asking \$800 OBO. Barbara A. Faulkner.(250) 721-1684.

BICYCLE FOR SALE:

BRC "Megatour", 23" frame, 26x1-1/2 new tires, carrier, fenders, lighting set, 14 gauge spokes, red, \$100. Also a Lo Rider \$5.
Roy Towler (604) 594-7121

Thanks to Elsie

Elsie Dean writes a column in "Burnaby Now". The July 9 issue talks about the CCCTS. Thanks for the publicity, Elsie.

Ham Radio, Lynn Dick.

CCCTS members who are Ham Radio Operators may be interested in the following club:

Bicycle Mobile Hams of America,
Box 4009, Boulder, CO, 80306-4009 USA.

Membership is \$10 U.S. and members receive an interesting quarterly newsletter. There are at present 444 members in 43 states and 6 countries.

The Irish are coming

The National Council of the Blind of Ireland invite you to ride with the Blazing Saddles and bring them in to Vancouver on the final leg of their Canadian 1000 epic bicycle ride.

Here's how you can participate:

On Sunday, August 24th, you can join in at:

- Harrison Hot Springs at 8:40am, or
- Mission Heritage Park at 12:30pm, or
- Stay and Save, Lougheed and Boundary at 5pm.

All are welcome to join the Finish Line Party at Maverick's Pub at the Plaza of Nations at 6pm. A buffet dinner will be served - \$30 per person.

RSVP Danelle Laidlaw - 737-0043, fax 737-0374, e-mail dplaid@ibm.net.

TOUR REPORTS

Diana and Al's Gulf Islands Tour

Tour 1 departed in a torrent of rain on July 8. When the ferry arrived in Nanaimo, the weather was dry and pleasant for our journey up island to French Creek. Al Lifton was at each ferry to meet cyclists as they disembarked at Duke Point and Departure Bay. The first cooking team, headed by Leila Montgomery, had a meal of spaghetti and meatballs prepared.

Our first island tour was Lasqueti. A retired fishboat had been chartered and made two round trips to transfer cyclists and bikes. If you are looking for auto parts, do go to Lasqueti Island; there are more auto graveyards there than on the mainland.

Denman and Hornby Islands followed. We had a very steep hill when we left the ferry on Denman. Two of our cyclists had a mishap there. The campsite on Hornby was near the lovely sandy beach at Tribune Bay. Next morning a side trip to Helliwell Park was suggested. We then ferried back to Vancouver Island and objected to the heavy island highway traffic after the quiet roads on Denman and Hornby.

We made our way to Campbell River via camps at Comox Lake in Cumberland and Shelter Point; then over to Quadra Island's Heriot Bay. While on Quadra we made for Cape Mudge and the lighthouse. We found an abandoned wharf restaurant and then came upon a First Nations deluxe hotel called Tsa Kiwa Lutén Lodge. At Heriot Bay some of us experienced the fun of

kayaking. We were close to the ferry slip to Cortez and found more hills on Cortez than we bargained for.

Our next ferry crossing was from Comox, over to Powell River. What a treat to make camp for 3 days at Willingdon Beach. From Powell River we toured Texada and Savary Islands. Should I mention that some of us enjoyed Texada by bus?!

Heading down the Sunshine coast I would say the crossing at Jervis Inlet was spectacular. We can be proud of such beautiful scenery. We camped at Madeira Park and Porpoise Bay. In Sechelt we had dinner out to conclude the tour. The restaurant was right on the coast and cruise ships heading north pass by, heading for Discovery Passage and various areas we had just cycled through.

Thank you Al and Diana for leading such an enjoyable tour of the islands.

Margaret Fyfe

From Europe, Horst Hees

Nürnberg/Bavaria/Germany Sunday, June 15/97

It is Sunday at noon and the church bells are ringing all over Nürnberg. The train got us here from Regensburg. We took advantage of the "weekend special" train fares again, and after helping to celebrate Munich's 839th birthday yesterday, with Glochenspiel, brass bands and Hofbräuhaus beer, we decided on "no beer" in Nürnberg today. Wise choice. Allows me to write to you and bring you up to date on our trip so far.

97-05-14: Landivision Brittany - Horse-show - the big ones - Percherons and the town is full of "little people", no doubt horse experts.

We had to battle the wind all morning after an almost sleepless night on the ferry from Plymouth. We got into Roscoff at 6:30 am, local time, in pouring rain, which lightened up slowly through the morning and got much heavier the next day. Maybe because of the weather we did not appreciate the countryside - a bit rough. The roads are wider than in England and the traffic is lighter.

05-22, Quiberon: The first day with weather good enough to sleep in the tents without regrets.

It was so easy to cycle around the "cote sauvage" without our packs, in the fine sunshine and close to the white sand beaches. A great place for a holiday. Many German visitors seem to know that.

05-24, Vannes: After cycling through Auray, we met Claudine Poulou, who invited us to have coffee with her and her father at a beautiful old mill house in a little paradise and garden not too far off the road. We felt very welcome and spoke mostly English.

After that we lingered a little in the old part of Vannes, a beautiful place to be.

05-25, Muisilac: The wind plays on the water of the little creek where we are having our lunch. Another beautiful spot on a beautiful sunny day.

Directions are sometimes hard to find on the maps we have, especially out of big cities. To find the little roads we like to travel on, which lead us through the pretty little villages, we often take our direction from the Sun or, as in the last few days, just cycle against the wind.

I've noticed that the ladies we wave to, on the roads or looking out of their windows at us, are getting older. We cycled through fields of many-coloured flowers where "les raches sont contentes et moi aussi".

The wind in our faces is pretty strong and we are going to change our plans. Instead of Bourdeau, we will cycle the Loire Valley from Nantes.

Nantes is a big charming city; the campground, a little outside, is full of bird songs of great variety; strong voices too. It is beautiful.

Ben went out early this morning to get baguettes and croissants - our breakfast. Perfect. I just don't have enough time to write.

05-27, Val du Loir: We exchanged head wind for more head wind plus climbing. Once we got out of Nantes, the beauty of the countryside and the light traffic made up for all.

05-28: The wind is getting stronger than ever - no fun. The train! Saumur to Mulhouse. We arrived 4:50 am, took a taxi to the campground (which opened at 7:00 am), set up our tents, had a shower and "did" the very pleasant old town while waiting (2 days) for our bikes to arrive (as luggage on a separate train). That is the French way.

06-01, Rotberg: From Mulhouse we cycled on a most beautiful cycle path through gorgeous country of fields of grapes, wheat, barley, soya, beans, etc. Sometimes the path leads right through a farmyard and gives us a good look at the operations; horses being shod, cows milked, others resting - a very peaceful scene.

06-02: This is what a "dream cycle holiday" is made of. After sleeping in a castle (youth hostel) and having breakfast, we are treated to the most pleasant, blooming, hills and valley countryside, with villages sprinkled in between, so we can stop at enough bakeries for an adequate sampling; and not many cars to bother us.

We went into and out of Switzerland several times, had a short visit in beautiful old Basel along the Rhine, and looked at the falls at Schaffhausen. It would be so good to stay awhile and another while here and there. It is beautiful, but the bikes roll on.

We must come back again and again - to see and explore everything - fountains, markets, town squares, churches, castles, palaces, main streets - would take lifetimes.

So we content ourselves with sampling here and there and hoping to return.

06-05: From now on we'll follow the flow of the Danube, except for a short detour through the Altmühl Valley. I am literally out of words to

describe the beauty of this country and how I feel renewed and strengthened by it all. It helps that we can cycle in peace mostly along marked cycle paths. I am most touched by the rolling meadows and fields of flowers - wild flowers - red poppies, blue cornflowers and many varieties of white and yellow ones. I am happy. What else can I say? One place seems better than the previous - good people, mediaeval places plus modern conveniences. I climbed the 768 steps up the Münster in Ulm, learning more about "Albertus Magnus" from Louingen. Practise my languages, drink beer in Munich and simply am happy - the same to you.

Love, Horst.

(Just received an instalment dated July 19/97 from Berlin for next issue.)

Trip to Oz, Beti Darvell-Jones

Sunday arrived with ten participants at Bell Arena. Day partly cloudy and developed into sun with breezes sometimes strong.

We had a good long ride via Hunt Club bicycle lanes, crossing highway sixteen over a bridge and into the military base. Turning left at the second airplane, around and through the fence, and along Bowesville Road all the way to the Red Dot Cafe at Osgoode, where we pigged out on lunch. Feeling very pleased with myself, and the riders who were all gung-ho in good spirits, the wind at our backs at times, we proceeded back through Manotick. It was all we could do not to stop at the Swan Pub (maybe next time), we arrived at the overpasses of the new highway 416 to get to Cederview North, through a tunnel up the other side onto a bike path, all way to Fallowfield but tricky, but excitingly challenging for sure!

We saw llamas, long-haired goats, and on one occasion a turkey who must have tried to cross the road. Only this one was a twenty two pounder and frozen. The plastic bag was further on. I can imagine some kid throwing it out of a car and saying "I don't want my Christmas dinner, let's go to McDonald's!" Well we dodged round the thing wondering "why did the turkey cross the road?" Was he do'in the turkey trot? or to meet some wild turkey female on the other side?

We had a grand meeting and have some great tours lined up for the fall, including Andre's Thanksgiving at Algonquin. The Cornwall Seaway. Finishing the season with a hike. Remember cyclists to keep the rubber side down. See yer. Beti.

On a Bicycle France for Two, May 5-27-97

Beti Darvel-Jones.

Bonjour! Ou puis - je changer des chèques de voyage? - Non - For English press one!

I've just returned from France and what a humorous experience as well as learning one, from the beautiful countryside and people. Of course I

don't speak French "at my age?". But too many oui's can get you into trouble and my body language overcame my frustrations - did very well thank you. I have the same sense of humour as they, with my Welsh blood, we are all Celts, as in Up yer Kelt! Hah hah hah (Preston Manning laugh).

Well my friend Lois and I arrived in Nantes and after two hours in rain finding our way to the Youth Hostel from the airport, we dined on crêpes and proceeded the next morn to Vannes towards 'Le Bretagne'. After two days of headwinds and country roads we improvised and headed north, cycling 30 - 50 kms daily, staying at B&Bs, YH's, chateaus, and a peculiar place called Formule I, which was Lois' favourite. Hygienic automated secret codes an' all. One enters by credit card and is given a code number to enter all doors, including the bedroom. The W.C. toilet seat is heated and flushes itself when you open the door to go out, just in case you forgot! The shower room is huge; individual with liquid soap container on the wall. A dryer offside strong enough to dry the entire body. Dismiss towels.

Soon you see a human being at breakfast time who serves you unending helpings of baguette, jams, butter, juice, tea, coffee, chocolade. The room is more or less the foyer, surrounded by mirrors, full of Frenchmen watching themselves eat! In fact everything was so soothing and divine that I asked Lois "where's the crematorium?"

Half way to Mt. St. Michel on the Mount we found a beautiful village called Jocelyn, complete with castle, moat, and chateau at foot of. We treated ourselves to B&B which included high class dinner 80 Fr, breakfast 28 Fr, room 132 Fr for one night. This was the most we paid at one stay overnight in France (4 Fr = \$1). YH's are roughly 72 Fr including breakfast, B&B 90 Fr including breakfast, and hotels, if you're stuck are about 124 Fr. per person double room.

At dinner we were entertained by a Plantagenet procession with torches walking around the castle base. From our dining room window at dusk the lighted torches and clothing of kings, queens, druids etc. looked colourful and eerie.

We ate every second night. A good meal costing 60-80 Fr. Our lunches consisted of cheese baguette, fruit, rich pastries, and wine which we bought every day. Power bars and stops for coffee or beer in bars that were betting shops. You could take your own food in to eat and just order your drinks. These were very friendly places, a good way to meet the locals.

So from Nantes to Vannes to Jocelyn to Michel on his Mount, we descended to Rennes and found we had a week to use. Using it well to tour the wonderful Loire Valley and back to Nantes, staying at villages in between.

One of my favourite places is Dinan. On arriving we couldn't find the Y.H. I saw a policeman and Lois got her dictionary out again. He said to follow

him in his car. We cycled like mad with police escort for about seven kms down cobbled streets, round the town, uphill, down, round the curves, through the bridge, along the port. People stared, moving aside to let us pass. I did my Queen Elizabeth wave from my bike, much to their amusement. Finally we arrived at a lovely stone house Y.H. I gave the police a tooney souvenir. He was thrilled to bits. Hah hah hah h h!

Another happy incident was the day we couldn't find a wine shop. We were actually cycling up lots of hills in vineyard country, of course they sold wine. So at one place we knocked on the door, and were dragged inside. There were about twenty people having lunch; the owner, his family, his relations and friends. Huge trestle tables, sausages, salad, meat? Homemade bread and flowing wine. We had to try six glasses before we chose our bottle, then join them for lunch, the thing to do, otherwise you insult their hospitality. I quickly ran and got our cheese, offering it around. The singing started and the wine flowed. The men sang French songs to me. I replied singing "Daisy Daisy, give me your answer do". Of course they didn't understand. Listening very seriously "On a bicyclette made for two" lots of clapping. Then "Vive la France" from me, "Vive la Canada" from them. I think I embarrassed Lois. We took photographs and left. I don't remember the hills after that. I zoomed to the top feeling nothing, trembling a little from side to side, gloriously and sentimentally fulfilled, breathing in the pure air of farms, broom hedges, seeing poppy fields, church spires, rivers and seniors gardening, forever gardening. Pansies are as common as petunias.

I hope to go back again, visiting the places I missed, especially the Finistere Region, with hopes for one day that our club will cycle the Brest Nantes route, canal trip along the towpath, and so much history to digest. The middle ages. Marches. Renaissance. Plantagenets.

But take all this with a pinch of Celt!

During our last two days in France, Lois and I made the most of our last minute shopping, buying famous Bretagne linen, lavender soap, and madly insane, a bloody big heavy cast iron griddle each for making crêpes. Our bikes fully loaded, Lois ingeniously tied hers on her crossbar with bunji (bungee?) cords. Mine was carried awkwardly in a pannier which pushed forward skimming my heels at every push for the last eleven kms to the airport. We are going to overcome this crêpe making from the rubber kind to the succulent tissu crêpe the French are noted for, folded enveloped square with fillings of gourmet surprises.

Au revoir France.

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.

- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 TOURS

Peace River Tour.

Aug 23-Sep 12; Ted Stubbs 604-321-2784

A camping with support vehicle tour of about 1100k with 14 cycling days. Cost \$450. Fifty dollars due Jun 1 with the balance of \$440 due Aug 1. 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 where we will be staying at Tubby's RV Park (arrangements are being made to leave your vehicle). From Dawson Creek we 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.

The detailed itinerary was published in the Dec '96 Newsbrief.

Participants: (31) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Elsie Dean, Andre Milaire, Christina Radnai, Ian & Inge Polley, Joan Thompson, Bruce Ross, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman, Frank Weber, Olive Balabanov, David & Truus Clark, Yvonne Miller, Josie Zewiec, Victoria Bernhardt, Jean Horrocks, Rolf & Sally Petersen, Ian Cassie, Palle Pedersen, Glen Smith, Jean Smith, Paul Westmattelman, Dennis Parsons.

Vancouver Area Sept. Stay-at-Home Tour

The Fall stay-at-home tour has been postponed to Spring '98.

Gabriola Island Tour

Sep 16-17; Dennis Parsons 250-881-1179

The drill, as always, will be to find our way to Gabriola Island (by bicycle) where we will receive a sumptuous supper.

Breakfast next morning made by volunteers, self-made sandwiches for lunch, and after exploring the island, another feast.

Two nights of tenting and jollification then we cross to Vancouver Island, have breakfast and ride home.

All this for only \$49, \$10 non refundable.

The Chemainus Dinner Theatre would be an interesting extension of the Gabriola Island Tour. Instead of leaving with the others from Gabriola on Thursday, sleep in, catch a later ferry, visit Nanaimo, take a leisurely ride through the country, have lunch at the Crow & Gate which is in a rural setting, then drift down to Chemainus for ice cream and mural viewing.

Participants: (9) Dennis Parsons, John Peck, Mary Eickhoff, Bruce Ross, Pat & Ted Stubbs, Ron & Janice Pickerill, Marion Orser.

Dinner Theatre - Chemainus

Sep 18; Joyce and Carl Dukeshire

Cycle to Chemainus and enjoy a very nice buffet dinner and the play, "The Odd Couple" at the Chemainus Theatre. There should be ample time to explore the murals before dinner, and the next morning. For those completing the Gabriola Tour who wish to attend the dinner-theatre, it is an easy ride to Chemainus from Nanaimo (approx. 20 mi.) and an enjoyable way to finish that tour.

THEATRE: Dinner begins 5:30 pm

Play begins 8:00 pm

No shorts or riding gear, please.

TICKETS: Single \$37.45 incl. GST and dinner
Group, 15 or more, \$29.96 incl. GST and dinner.

RESERVATIONS: Deposit of \$10 (non-refundable) by Aug 1/97; balance by Sep 1.

Because of varied accommodation available in Chemainus, it is requested that all participants book on their own; tell them you are with CCCTS:

- 1) Horseshoe Bay Inn (250 416 0411) 1/2 km from Theatre; \$40/room, no charge for cot; Max. 10 rooms. This is a heritage-type hotel; all rooms do not have ensuite bathrooms. Juice and snack provided in the morning.
- 2) Fuller Lake Motel (1 800 246 3255) 2-1/2 km. from Theatre;
1 queen bed \$50 + GST
2 queen beds \$55 + GST

Both hotels have lock-ups for bikes.

- 3) There is also a clean hostel a block from the Theatre, phone number not known.
Rooms: 6 female beds/6 male beds;
Cost \$15/person

Cooking facilities available.

Members attending from Vancouver area should catch the 7:00 am ferry to Schwartz Bay and accompanied by Victoria members, will ride to Brentwood to catch the 11:00 am ferry to Mill Bay. The ride from Mill Bay to Chemainus should be done easily in 3 hours (lots of time for lunch and exploring).

Balance of \$30 to be paid by Sep 1, based on possibility of less than 15 attending.

Participants: (12) Joyce & Carl Dukeshire, Bruce Ross, Dennis Parsons, Mary Eickhoff, Pat & Ted Stubbs, Margot & Ivan Paravan, Janice & Ron Pickerill, Marion Orser.

Baja

Oct 10-Nov 12; Barton Howes 250-378-0927

It will be motels, and good RV parks for tenting and evening restaurant meals. Morning porridge and lunches will be as required. Cost: \$30 non-refundable deposit by March 30th with the balance of \$600 due by Sept 15th plus restaurant meals plus travel to San Diego and away from LaPaz (or other places).

The maximum for this tour is 28. *Members on the participating list who have not submitted their deposit by the required date will be replaced by members on the waiting list who have submitted the deposit.* Deposits will be refunded to any member on the waiting list who is unable to participate due to lack of space.

Participants: (28) Barton Howes, Faye Wilson, Leila Montgomery, Vernon Patterson, Robert Curr, Augusta Lee, Jack Sheppard, Carl Rorison, Eila Taylor, Christina Radnai, Dianne & Russ Horsnell, Joan Enman, Barbara Faulkner, Margaret Hunter, Andre Kaufmann, Bill Hook, Judy Jackson, John Hickman, Ron Eadie, Dan & Jerry Baris, Richard Lebek, Bruno Friegang, Cathie Freigang, Paul Westmattelman, Pablo Bleiker, Andre Milaire.

Arizona

Nov 14-29; Mary Whyte 604-946-6266 & Sally Svensson 604-987-3449; maximum 20.

A motel tour with support vehicle for lunches and emergency use only.

Cost \$800 which includes hotel and motel accommodation, five continental and two full breakfasts, breakfast and dinner at the Biosphere and all lunches except on rest days. A \$50 non-refundable deposit is required by Aug 1 with the \$750 balance by Sept 1. The cost does not include airfare but we are trying to negotiate a group rate with Jeanette Trigilles of "Cambie House of Travel" including free bike transport. The itinerary was published in the June Newsbrief.

Participants (20): Zel Harvie, Fritz Niebisch, John Peck, Barbara Hetzer, Al Hollinger, Shirley Fisher,

Carl Rorison, Margaret Fyfe, Cathy McPherson, Sally Svensson, Mary Whyte, Ness McCulley, Katrijn Jeronimus, Ray Bremner, Theresa Green, Roberta & Ed Campbell, Glen & Jean Smith, Rachel Amiot.

Waitlisted (10): Norm Taylor, Russ Kelley, Edwin Hardy, John Hiza, Joyce Bowen, Thomas Joyce, Muriel Duerbeck, Roy Barrows, Ted & Jantien Golsteyn.

1998 TOURS

Hawaii

This tour is normally in late January or early February. It is a great tour looking for a leader. Nearly all the leg work has been done and leading the tour requires minimum involvement.

Participants (3): John & Zel Harvie, Olive Balabanov.

Cuba

Jan 24-Feb 14; Bruce Ross 250-656-5591

Max participants 25; Cost \$2,000, non-refundable deposit \$200 by Aug 1/97, includes airfare, hotel. This is not a conducted tour; bring Spanish dictionary. Planned route Havana and central Cuba.

Air travel via Canada 3000; bikes free (crated or bagged) 3 week tour. *Note: Due to the early popularity of this tour those who pay the required deposit by the specified dates will get preference*

Participants (25); Barbara Faulkner, William Hook, Sylvia Mather, Bruce Ross, Fritz Niebisch, Bud Masse, Jean Horrocks, Barbara Hetzer, Sim Wee, Myrna Korstrom, Peter Cordoni, Dan McGuire, June Gallagher, Chuck & Lynn Dick, James Erickson, Suzanne Gagnon, Josie Zewiec, George Stenning, Dan & Gerry Baris, William Armstrong, Marion Orser, Harry Tingley, Halli & Palle Pedersen.

Waitlisted (11): Doc Watson, Monty Peters, Wendy Pearson, Mary Whyte, Raynel Merness, Irving Weiss, Colin & Lorraine Campbell, Jack Sheppard, Rose Tanchak, Mary Yaremovich.

South Africa

Mar-Apr John Peck 604-538-0195

This will be a conducted 26 day bicycle tour, Port Elizabeth to Cape Town, mostly camping, followed by an optional 16 day camping safari from Cape Town to Victoria Falls, via Namibia. Cost (subject to revision) 26 day cycle \$1600, 16 day safari \$1165, plus airfare about \$1600; total \$4365.

A deposit of \$100 must be in the office by Oct 1/97, refundable if the tour is cancelled.

Participants (8): John Peck, Chuck & Lynn Dick, Marjorie Murphy, Josie Zewicc, Ken Brothers, Joan Rumsey, Jack Sheppard.

Home-away-from-home Holland tour

Jun 8-30 Theresia Keet 604-596-1953

From Holland I was contacted by the "Duiventil" (the groupsaccommodation) and made a preliminary booking for approx. 20 people. I have to book the whole building, which can house 35 people, so I need at least 15 participants to keep the cost down. As I will also have to buy cancellation insurance I require a deposit of \$200 to be received in the office by Sep 15/97, non-refundable unless the trip is cancelled due to lack of participants.

Estimated transportation and meals cost: \$30-70/day, depending on individual preferences; accom. \$19-\$25/day (dependent on exchange rate).

Non-stop KLM flight Vanc. to A'dam.

Non-biking partners welcome; information on bicycle routes will be provided; Nunspeet is centrally located and English is widely spoken.

Participants (12). David & Truus Clark, Theresia Keet, Art Borron, Doc Watson, Roy Barrows, Monty Peters, Audrey & Bill Hannan, Raynel Merness, Lloyd Smith, Alyce McKay.

The Alaska Highway

Jun/Jul Chuck & Lynn Dick - 604-261-5092

Camping with support vehicle. Max participants 24. This trip would begin in Fairbanks, Alaska and terminate in Dawson Creek, BC (mile 0 of the Alaska Hwy). As is typical of our previous China and Alaska tours there will be activities other than cycling. Of the 35 days, 25 are actual cycling days and other activities such as a possible train ride, paddle wheel tour and various visits to points of interest in major communities along the way will occupy the remaining days. We will attempt to fill each day with interesting points of departure from cycling and participants will be provided with detailed descriptions and maps. We will utilize well organized campgrounds at all times and may include the odd warm, cozy lodge if the overall cost will permit and the expense seems reasonable and justified. For those of us who have been on the Dempster Hwy trip or on the circuit tour with Ted Stubbs and for those who accompanied us on the Alaska tour, this trip will provide a natural extension, and in a sense a completion, of their northern excursion - or a beginning of others to come.

Distance and planning info were provided in the July Newsbrief; detailed itinerary and supplementary recommendations will be provided at the AGM in December.

Participants (12): Chuck & Lynn Dick, Andre Milaire, Bill Augusteijn, Bobbie Redmond, James Wolff, Sharon Lindsey, Ilona & Peter Dobos, Marion Orser, Joan Engman, Sonja Joos.

PROPOSED TOURS

(In the planning stages; not yet put forward for sanction.)

The Bard & the Bike

Janice & Ron Pickerill 604-261-2403

Janice and Ron are in the thinking stages of a cycling tour in the summer/fall combining the theatre town of Ashland, Oregon. They envision cycling in a circular route and stopping for 3 days of Shakespeare etc., or a fixed centre town with some plays at night. There is an outdoor theatre always playing a Shakespeare play and two indoor theatres with more modern plays. It might work out for non-cycling partners to come along for the theatre if we have a fixed centre.

The options are:

- camping - KOA site about 9 mi. out of town
- hostel - \$14 US per night
- college - \$19 US per night

Any ideas from interested cyclists would be considered.

Potential participants: (9) Janice & Ron Pickerill, David & Truus Clark, John Hickman, Marg Hunter, Jean Horrocks, Dan McGuire, June Gallagher.

VANCOUVER & Vicinity WEEKLY RIDES

Sundays:

- **Vancouver-** 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:

- **Ladner-** Meet at the Ladner Community Centre 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 881-1179 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

OTTAWA WEEKLY RIDES

- **Thursdays-** For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502

CALGARY WEEKLY RIDES

with the "Elbow Valley Easy Riders"

Their rides are on Tuesdays and Thursdays Apr 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details.403-288-7910

RECEIVED ON THE INTERNET:

From: brivix@ibm.net

Date: Thu, 24 Jul 9722:59:38-0700

MIME-Version: 1.0

To: cccts@vcn.bc.ca

Subject: sampa bikers from brazil

The SAMPA BIKERS CLUB is the biggest mountain bike club of Brazil. We organize trips around Brazil and world, bikers from all over the country enjoy our rides and we are all very glad to be going to Canada for another exciting trip.

From July 24 to 4 of August, we'll be at Rocky Mountain, Jasper and Banff city, with a group of 14 Brazilian bikers.

You are all invited to ride along with us!

JASPER: Jul 27 to 30

BANFF: Jul 30 to 4 of Aug

complete message posted on CCCTS office bulletin board.

WELCOME TO THE FOLLOWING NEW CCCTS MEMBERS:

Allison	Kenneth R.	604-882-0709	9515-182 Street, Surrey, B.C.	V4N 3V8
Bonner	Helga	604-415-6489	1702-3755 Bartlett Cr., Burnaby, B.C.	V3J 7G7
Jones	Patricia	604-438-8943	101-3401 Curle Ave., Burnaby, B.C.	V5G 4P4
LaFontaine	Roger	250-762-0590	1383 Lombardy Square, Kelowna, B.C.	V1Y 3S5
Thomson	Adrian	250-247-9285	RR1 S7 C23, (322 Decourcy Dr.), Gabriola Island, B.C.	V0R 1X0





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Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-7710
 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. Items for the Newsbrief must be received by the 5th day of the month.

Membership fees: single \$25; couple \$35.

The month your dues expire is shown on the address label.

Directors:

President	Ted Stubbs	321-2784
Vice-President/Tours Coordinator	Marion Orser	520-7636
Treasurer	Ron Pickerill	734-4881
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Acting Newsbrief	Mary Eickhoff	535-2513
Membership	John Peck	538-0195
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Others	Sally Petersen	384-6804
	Bob Douglas	435-3893
	Bruce Ross	656-5591
	Dennis Parsons	881-1179
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923



COMING EVENTS

SEPTEMBER

- Peace River Tour Aug 23-Sep 12*
- Directors' meeting Wed, Sep 3*
- Gabriola Island Tour Tue/Wed Sep 16-17*
- Chemainus Dinner Theatre Thu Sep 18*

OCTOBER

- Directors' meeting Tue, Oct 7*
- Baja Tour Oct 10-Nov 12*

PRESIDENT'S CORNER

Ted Stubbs is in the Peace River leading a group of 30, enjoying great weather and incomparable scenery as reported by Margaret Fyfe who happened to be in a same place at a same time.

I know Ted would want to extent his best wishes to CCCTS members participating in the ongoing Seniors' games this week, so here's a facsimile of the postcard which is undoubtedly in the mail...

BEST OF LUCK TO THE FOLLOWING CCCTS MEMBERS PARTICIPATING IN THE SENIORS' GAMES CYCLING COMPETITIONS THIS WEEK:

Leo Comeau, Tweed Daoust, Thom Duck, Barbara Hetzer, Rick Jenks, Emil Jensen, Patricia Jones, Andre Kaufmann, Ella Laramée, Peter Lazenby, Donna Nichols, Marion Orser, Shu Oshika, Sally Svensson, Mary Whyte.

Also to our star swimmer, Eva Folk.

Our apologies if we've missed anybody; please let us know how you made out.

LETTERS TO THE EDITOR

Obituary

Dennis Parsons.

Albert Redford has gone on to cycle the heavenly road. We will miss his laconic sense of humour.

His "We all have a cross to bear" or "See the Commander", referring to Noreen, when a decision had to be made.

He cycled because Noreen did.

Crossed Australia from west to east over the Nullarbor and crossed Canada with her too.

We have seen him sitting on the bank watching while Noreen fixed his flat. He was stoical... "If she wants to do it..."

He loved her very much and I can just imagine him now, waiting with one foot on the ground, the other on the pedal. Or, heaven forbid, with one wheel off, sitting at the side of the golden road.

Hull, 25 of July, 1997

You will find enclosed a copy of "The Outaouais Region Bicycle Touring Guide".

This is a new publication. Your club members may obtain a free copy by writing to:

Véloroutes de l'Outaouais par
Conseil régional des loisirs de l'Outaouais
98, boul. St-Joseph
Hull (Québec) Canada J8Y 3W5
or by fax at (819) 770-9868.

Thank you and to the pleasure of earing (sic) from you and your club.

Jean-Marc Purenne
Councillor in recreation.

(The guide enclosed with M. Purenne's letter is available to interested members on the library shelf at the office.)

NOTICES

(notices will be repeated once unless otherwise requested)

CCCTS BROCHURES are enclosed with this month's Newsbrief and are now available for distribution. Please call the office if you'd like copies.

WANTED:

Volunteers and/or nominees are needed for 1997/98 director positions. If you have time to help with club operations please don't be shy; or if you'd like to suggest a nominee please contact Ian Polley, Nominations chair, 531-6955.

FOR SALE:

19" "DeVinci" Caribou touring bike (as new) with 700 c wheels - Mavic UB open 20 rims; S.S. spokes; continental tires. Shimano 100 RSX equipped with mountain style bar rapid-fire-plus shifters, canti brakes. Wide gearing range for touring. 21 speed. Forest green. Asking \$800 OBO. Barbara A. Faulkner (250) 721-1684.

BICYCLE FOR SALE:

BRC "Megatour", 23" frame, 26x1-1/2 new tires, carrier, fenders, lighting set, 14 gauge spokes, red, \$100. Also a Lo Rider \$5.
Roy Towler (604) 594-7121.

TOUR REPORTS

At Home Again, Theresa Green.

After participating in four tours in the past year it's time to say thank you to the leaders...

Bob Douglas for San Juan,
Dennis Parsons for New Zealand,
Rolf Petersen for Denmark, and
John Peck for the Gulf Islands.

Every ride was a pleasure, the weather near perfect, and when it wasn't, the love of cycling made even a rainy day satisfying.

So thank you gentlemen, for all the time and effort you put into planning and leading your tours for it is truly appreciated.

Northern Gulf Laughs, John Peck.

Two incidents on the recent Northern Gulf Islands Tour, helped to make the tour memorable.

Preparing to board a water taxi, to visit one of the islands, we had wheeled our bicycles down a very steep ramp, for the tide was low. On reaching the floating dock, the bicycles were parked, and we grouped to discuss the weather. Suddenly there was a splash. Pat Stubbs looked round and exclaimed "My bicycle!". We rushed to the edge of the dock and peered into the murky water, but no bicycle was visible. Resourceful Pat said "Isn't it a good thing I have my pannier, for in it is my bathing suit. I could dive for it". "Don't worry", said Bill Hook, "I have my goggles and flippers, let me go down for it". A friendly US visitor from an adjoining boat heard the consternation, and fetched what appeared to be a spare anchor and rope, but he struggled unsuccessfully to open the zipper of its plastic container. Meanwhile the skipper of the water taxi boarded his boat and came back with a fishing line and hook. This he gently lowered into the water and played it back and forth until he "got a bite". There was much applause when a bicycle wheel broke the surface, and many eager hands reached over to hoist the bicycle onto the dock again.

The other incident concerns a watch belonging to - perhaps we shall not say to whom. Anyway, he was cycling about an hour out of camp and looked at his wrist to check the time, but his watch was not there. Thinking back, he decided that it had been left hanging in the shower stall that morning. So he made a side excursion to a local resort to find a telephone. The camp attendant was asked to look for the watch and to send it on, which he promised to do. When back on the road and further into the ride, our cyclist reached into his back pocket, and there was his watch. So there was another excursion to another telephone and another call to the camp site, for profuse apologies. Surprisingly the reply was "we hope you will come again".

This reminds me of the time, many years ago, when I left my watch in a shower stall. However when I returned to retrieve the watch I discovered, to my embarrassment, that in the early light of the morning I had used the women's shower by mistake. Since then my watch is always stored in my shoe when I take a shower. But that is another story.

Gulf Islands - Tour 2, Robert Helms

If you enjoy visiting cottage industries such as pottery, jewellery, painting, etc., and if you like cooking oysters on the beaches, and also going up and down hills on a bicycle, the North Island tour should be about perfect, especially if you could be lucky enough to have two weeks of good weather like we had.

You should, however, be prepared for a tight squeeze if Madeira Park has to be the destination during a long weekend, and although most of the parks were very satisfactory, I could not help getting the feeling that we did not always get top billing when campsites were fully booked.

It would be difficult to pick a favourite island but if I did go to Hornby again, I would head straight to the Co-op for a bottle of spring water, rather than fight that stuff that comes out of the taps. As for comfortable campsites most of them were good, and I was glad to stay in Powell River for three nights; French Creek and Quadra Island were satisfactory for two nights.

It was very useful to have Bill Hook around. He seemed well acquainted with most of the islands, and I actually discovered that oysters taste good when they are cooked and eaten on the spot where they are picked. In the future I will eat them before I have my lunch, particularly so when there are hills to cycle on a full stomach like we did on Texada. We did however make an attempt to wash it down with coffee and pastry at the Co-op store at Gillies Bay, and we were almost feeling back to normal when someone invited us for tea and shortbread at the Art Shoppe while we were waiting for the Powell River ferry to arrive.

Camp cooking was a new experience. No big deal, perhaps because the others did most of the work. We were happy to let Elsie do the shopping. In the morning Vernon was the driver, with me as the navigator and Cathy was brought along as cook. It is always handy to have someone to blame if the coffee is not started by the time Jan arrives. I did not really intend to stop in the driveway when I suggested that we should pull into the parking lot of the Seventh Day Adventist Church, but I was outvoted and that was where we remained; all of us forgetting that it was Saturday, which is their sabbath. By the time we had everything set up they began to arrive for their church service. Fortunately they were cooperative and told us we could stay there as long as we liked. It did not take long to realize that I was in friendly territory, and they were very interested and sympathetic when they learned that I was the lonely vegetarian holed up for two weeks with 28 carnivores.

I am wondering why this group is still eating oatmeal and drinking coffee cooked in aluminum pots. Asking around, it was suggested to one male participant that there is a lack of women on the

executive board, or this problem would have been taken care of long ago.

It is rather sad to read in the Newsbrief that Monty Maundrell is on the last lap. Perhaps it is good to remind ourselves that we shall all be at that stage sooner than we think, and also that death is one of the good things we have going for us; without it life would not be tolerable, and the universe could come to a standstill. Auf wiederseh'n, Monty; with a bit of luck we may meet again next time around.

Denmark/Sweden - Duke & Joyce Dukeshire

Thank you, Rolf, for a great tour - you showed us Denmark very well, as well as the coast of Sweden. The countryside was beautiful, the coastal routes delightful and the towns and villages fun to explore. The special dinners and cakes were a bonus, as well as the special events arranged. The hospitality of your family in Copenhagen was an added treat; they went out of their way to make us welcome and we thank them. A really great group of people came together for this tour, the ingredient that makes or breaks a tour, and I think we all parted hoping to meet again on another adventure. We all enjoyed the Danish pastries and the beer went down well, and when we were blessed with a Danish tailwind, it was surely a gift from heaven. We'll forgive Denmark the terrible cloudburst on our final ride into Copenhagen because she had been pretty good to us, weatherwise, the preceding month.

Thank you Sally, for your support and input in this tour - it was a good one.

From Europe, Horst Hees

Berlin/Germany Saturday, July 19/97

Grüße aus Berlin - greetings!

It is "halftime" for our trip and we have reached Berlin and I feel at home, even though Berlin is Europe; big construction site right now. Richard and I were at the Potsdamer Platz and counted over 30 huge construction cranes in one view, without turning our heads. Berlin is still a great city though, and an exciting one. It's just that - as in most other places in Europe - there are too many cars around and the air is pretty thick sometimes. So on Monday we'll be on our way again towards Rügen.

Our ride through the flat and beautiful Spreewald was a very relaxing pleasure when we could avoid the highways, which we managed most of the time.

In Poland we experienced the most anxiety in the short time we were there. We had to cycle up and down the mountain "Riesengebirge" twice because we had no visa, which is still required from Canadians, and there were few services for tourists. We took our bikes into the restaurant with us, beside the table, with the owner's permission, just to be sure not to lose them. And I got my feet wet cycling through a flooded area after the 'great rains' - leaving Bunsan. On the way out, at a market, we

felt assaulted with leather coats and jackets (made in Italy according to the label). They were vigorously offered to us at DM100.- then DM30.- then 10.- until finally we fled without seeing the rest of the market. We were relieved to get to the 'other side' at Görlitz. As a final memento I found out the 20 Zlotych of Polish money I had left are not of 'a convertible currency'. Well, I made a donation.

Our trip through the Czech Republic was over the hills of the 'Riesengebirge' and we got some good workouts every day. Traffic was generally light where we cycled, the roads quite good, the grades reasonable (nothing steeper than 12%) and the countryside gorgeous. Services were a little thin. Where we found it, the food was excellent; generous portions at very reasonable prices. We also got lots of free cherries after climbing the trees along the roads.

Many of the country roads we travelled on are lined with trees. Some big, old, oaks, beech, linden, and many varieties of fruit trees, give protection from sun, wind, and rain, provide variety and the promise of a little harvest to refresh the traveller.

Tenting places were rare, B&B's plentiful and many people spoke German and some English. The best way to travel here seems to be in small groups (no more than 4 or 5). That way one always finds a room without reservation. We really enjoyed this country and it was easy on our budget.

Coming through the lands which were formerly East Germany made me feel like it was springtime all over again.

We saw many nests with storks, young and old, high up on chimneys or poles.

And all around seemed to be new life and busy work - new roofs - new streets - new buildings. A veritable renaissance. The spirits seemed as high as the expectations. It was here, in the Spreewald, that we found the most luxurious B&B's, newly tiled and furnished.

Berlin is a hotbed of activity right now and also the biggest city of our trip. The oldest I think, was Prague, where we had a very interesting 3-1/2 hour city tour.

In Berlin we just took the 'Doubledecker' bus, the underground and the S-Bahn and let them take us from district to district as we liked. It's a good place to be; or, as the posters say: "Berlin ist eine Reise wert".

When we get to Rügen we'll take a little holiday (from the holiday) - a few days on the beach maybe, if the weather allows, and then some cycling on the coast.

Be well, be happy, be cycling.

Upper Canada Village, Beti Darvell-Jones

Bobbie, Garfield, Marjorie, Peter and I took a couple of days to "Upper Canada Village". Gerry Sutherland is recovering from a spine operation,

which was very successful. He walks a quarter mile every morning at 6 am.

Our trip to U.C. totalled 316 kms. We stayed at a B&B on the way back. This was good training for our following weekend, to achieve the Kingston Lakes Tour totalling 386 kms. Marjorie has thoroughly enjoyed her Ontario tours, making her 2000 km celebration a good excuse for a meal and 'drink up'.

Entering Kingston, we were being joined off and on by a young woman who wavered onto the gravel shoulder with a wobbly wheel, and looking slightly strange. We thought she was overcome by the heat, and maybe dehydrated. After talking and friendly we found she had experienced a car accident two years ago. This caused some physical defect and brain damage. She literally finished the ride with us, proving to herself that she could overcome, and also the ride was part of her therapy. What a brave wonderful person she was.

The Kingston run was so exciting in that we were drawn into the vacuum of the racing groups and various clubs. This was my first time, as well as Marjorie's. The atmosphere and jokes, refreshment stops, meeting people you didn't expect to, was very 'comradie' and keen. As well as the famous Westport Hills en route, we stayed at Kingston for one day visiting Bobbie's old haunts in the military, then taking the two days to return to Ottawa via Gananoque Parkway. Weather gorgeous, so hot in fact that at one point in our rides Garfield's tyre blew up with the heat while we were in a restaurant.

We met Peter Jones in Kingston. "Looking great, Peter!" Bill Armstrong was on the road cheerfully racing with his group. They both joined us at the Chez Piggie Restaurant.

OTHER REPORTS

Ladner Birthday Ride Honours,

Alyce McKay.

LATE ENTRY - July birthday night was celebrated by Fritz Niebisch and none other than our tireless leader Al Hollinger, with 32 members present. No one would want to miss honouring our captain. A very special poem was written for Al and read by the author and we all agreed with the sentiments expressed (*published in the July Newsbrief, authored by Mr. Anon Amos*). To top off the evening, much to our surprise, Al treated us all to dinner. We can't get it much better than that, now can we?

August birthday night had 17 members present. We celebrated two of our long time members' yearly anniversary; our 3rd member was unable to attend. We had a pleasant social evening with people reluctant to leave for home after. Birthdays celebrated were for Bob Douglas and Marten McCready (present) and John Peck (away on the Gulf Islands 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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 TOURS

Peace River Tour.

Aug 23-Sep 12; Ted Stubbs 604-321-2784

A camping with support vehicle tour of about 1100k with 14 cycling days is winding down.

Participants: (30) Pat & Ted Stubbs, Joan Enman, Judy Jackson, Andre Milaire, Christina Radnai, Ian & Inge Polley, Joan Thompson, Bill Hook, Barbara Faulkner, Brenda Borron, Joan Engman, Frank Weber, Olive Balabanov, Elsie Dean, David & Truus Clark, Yvonne Miller, Josie Zewiec, Victoria Bernhardt, Jean Horrocks, Rolf Petersen, Ian Cassie, Palle Pedersen, Glen & Jean Smith, Paul Westmattelman, Dennis Parsons, Leila Montgomery.

Gabriola Island Tour

Sep 16-17; Dennis Parsons 250-881-1179

"The drill, as always, will be to find our way to Gabriola Island (by bicycle) where we will receive a sumptuous supper.

breakfast next morning made by volunteers, self-made sandwiches for lunch, and after exploring the island, another feast.

Two nights of tenting and jollification then we cross to Vancouver Island, have breakfast and ride home.

All this for only \$49, \$10 non refundable."

Since the above quote from Dennis, he has departed on the Peace River tour with Ted. In his absence, John Peck has agreed to coordinate on the mainland side and Art Borron on the island side. **Please let them know your route if you want vehicle support for your baggage. Art will meet the 7 a.m. ferry from Tsawwassen at Schwartz Bay and may meet the ferry at Crofton if requested. All parties must be signed on with deposit by Sunday, Sep 14, so that catering arrangements can be made. Those interested will find 8 beds and**

room for 20 on the floor under cover; there's ample tenting space outdoors.

Participants: (21) Art Borron, Dennis Parsons, John Peck, Mary Eickhoff, Bruce Ross, Pat & Ted Stubbs, Ron & Janice Pickerill, Marion Orser, Lee Kraft, Yvonne Miller, Rose Tanchak, Mary Yaremovich, Margaret Hunter, John Hickman, George Setterfield, Peter Jones, Bert & Ruth Davies, Noreen Redford.

"The Chemainus Dinner Theatre would be an interesting extension of the Gabriola Island Tour. Instead of leaving with the others from Gabriola on Thursday, sleep in, catch a later ferry, visit Nanaimo, take a leisurely ride through the country, have lunch at the Crow & Gate which is in a rural setting, then drift down to Chemainus for ice cream and mural viewing."

Dinner Theatre - Chemainus

Sep 18; Joyce and Carl Dukeshire

Cycle to Chemainus and enjoy a very nice buffet dinner and the play, "The Odd Couple" at the Chemainus Theatre. There should be ample time to explore the murals before dinner, and the next morning. For those completing the Gabriola Tour who wish to attend the dinner-theatre, it is an easy ride to Chemainus from Nanaimo (approx. 20 mi.) and an enjoyable way to finish that tour.

THEATRE: Dinner begins 5:30 pm

Play begins 8:00 pm

No shorts or riding gear, please.

TICKETS: Single \$37.45 incl. GST and dinner Group, 15 or more, \$29.96 incl. GST and dinner.

RESERVATIONS: Deposit of \$10 (non-refundable) by Aug 1/97; balance of \$30 by Sep 1 (based on possibility of less than 15 attending).

Because of varied accommodation available in Chemainus, it is requested that all participants book on their own; tell them you are with CCCTS:

1) Horseshoe Bay Inn (250 416 0411) 1/2 km from Theatre; \$40/room, no charge for cot; Max. 10 rooms. This is a heritage-type hotel; all rooms do not have ensuite bathrooms. Juice and snack provided in the morning.

2) Fuller Lake Motel (1 800 246 3255) 2-1/2 km. from Theatre;

1 queen bed \$50 + GST

2 queen beds \$55 + GST

Both hotels have lock-ups for bikes.

3) There is also a clean hostel a block from the Theatre, phone number not known.

Rooms: 6 female beds/6 male beds;

Cost \$15/person

Cooking facilities available.

Members attending from Vancouver area should catch the 7:00 am ferry to Schwartz Bay and accompanied by Victoria members, will ride to Brentwood to catch the 11:00 am ferry to Mill Bay. The ride from Mill Bay to Chemainus should be

done easily in 3 hours (lots of time for lunch and exploring).

Participants: (17) Joyce & Carl Dukeshire, Bruce Ross, Dennis Parsons, Mary Eickhoff, Pat & Ted Stubbs, Margot & Ivan Paravan, Janice & Ron Pickerill, Marion Orser, Margaret Hunter, John Hickman, Peter Jones, Art Borron, Noreen Redford.

Baja

Oct 10-Nov 12; Barton Howes 250-378-0927

It will be motels, and good RV parks for tenting and evening restaurant meals. Morning porridge and lunches will be as required. Cost: \$30 non-refundable deposit by March 30th with the balance of \$600 due by Sept 15th plus restaurant meals plus travel to San Diego and away from LaPaz (or other places). Max. participants 28.

Participants: (25) Barton Howes, Faye Wilson, Leila Montgomery, Vernon Patterson, Robert Curr, Augusta Lee, Jack Sheppard, Eila Taylor, Christina Radnai, Diane & Russ Horsnell, Joan Enman, Barbara Faulkner, Margaret Hunter, Andre Kaufmann, Bill Hook, Judy Jackson, John Hickman, Ron Eade, Dan & Jerry Baris, Richard Lebek, Paul Westmattelman, Pablo Bleiker, Andre Milaire.

Waitlisted (0).

Arizona

Nov 14-29; Mary Whyte 604-946-6266 & Sally Svensson 604-987-3449; maximum 20.

A motel tour with support vehicle for lunches and emergency use only.

Cost \$800 which includes hotel and motel accommodation, five continental and two full breakfasts, breakfast and dinner at the Biosphere and all lunches except on rest days. A \$50 non-refundable deposit is required by Aug 1 with the \$750 balance by Sep 1. The itinerary was published in the June Newsbrief.

Participants please note the following new info:

1) We have been unable to negotiate group rate air fares, so each participant should make their own arrangements. America West & Alaska Air have direct flights Vanc to Phoenix; bikes extra; Alaska Air requires that bikes be boxed; boxes are available at their checkout for \$15/bike.

2) We are presently seeking a volunteer driver for the support van. It is to be noted that the basic expenses of the tour and hotel accommodation, lunches, etc., will be covered from tour funds. This does not, however, cover transportation costs to and from Phoenix. If no volunteer driver is available, it is expected that tour participants will take turns with the driving.

Participants (20): Mary Whyte, Sally Svensson, John Peck, Barbara Hetzer, Al Hollinger, Shirley

Fisher, Carl Rorison, Margaret Fyfe, Cathy McPherson, Ness McCulley, Theresa Green, Glen & Jean Smith, Norm Taylor, Edwin Hardy, John Hiza, Joyce Bowen, Muriel Duerbeck, Roy Barrows, Anna Markus.

Waitlisted (3): Ted & Jantien Golsteyn, Rachel Amiot.

1998 TOURS

Hawaii - cancelled due to lack of participants

Cuba

Jan 24-Feb 14; Bruce Ross 250-656-5591

Max participants 26; Cost \$2,000, non-refundable deposit \$200 by Aug 1/97, includes airfare, hotel. This is not a conducted tour; bring Spanish dictionary. Planned route Havana and central Cuba.

Air travel via Canada 3000; bikes free (crated or bagged) 3 week tour. *Note: Due to the early popularity of this tour those who pay the required deposit by the specified dates will get preference*

Participants (26): Bruce Ross, Barbara Faulkner, William Hook, Sylvia Mather, Fritz Niebisch, Bud Masse, Jean Horrocks, Barbara Hetzer, Sim Wee, Myrna Korstrom, Peter Cordoni, Dan McGuire, June Gallagher, Chuck & Lynn Dick, Jim Erickson, Suzanne Gagnon, Josie Zewiec, George Stenning, Dan & Gerry Baris, William Armstrong, Marion Orser, Harry Tingley, Colin & Lorraine Campbell.

Waitlisted (8): Irving Weiss, Jack Sheppard, Rose Tanchak, Mary Yaremovich, Norma Sinclair, Doc Watson, Wendy Pearson, Raynel Merness.

South Africa

03-03/04-15?; John Peck 604-538-0195

This will be a conducted 26 day bicycle tour, Port Elizabeth to Cape Town, mostly camping, followed by an optional 16-day camping safari from Cape Town to Victoria Falls, via Namibia. Maximum 25. Cost (subject to revision) 26-day cycle \$1600, 16-day safari \$1200, plus airfare about \$2000, total \$5000. A deposit of \$100 must be in the office by October 1, refundable if the tour is cancelled. Our previous quote for airfare was too optimistic, sorry.

A tentative cycling itinerary is: transfer to Storms River, Knysna, train to Sedgfield, George, Oudtshoorn, Calitzdorp, Ladysmith, Warmwaterberg, Montagu, Bonnievale, Bredarsdorp, Stanford, Hermanus, Villiersdorp, Worcester, Tulbagh, Wellington, Franschoek, Stellenbosch, transfer to Simonstown, Kommetjie via Cape Point, Cape Town via Chapmans Peak Road. Cape Town 2 or 3 days.

For the camping safari: Cape Town, Orange River, Namib Naukluft Park, Sesriem, Swakopmund or Windhoek, Etosha, Okavango Delta 2 days, Victoria Falls 2 or 3 days. For the safari you must be fit and have no back problems.

Both itineraries are still being refined.

Participants (17): John Peck, Chuck & Lynn Dick, Marjorie Murphy, Josie Zewiec, Ken Brothers, Joan Rumsey, Jack Sheppard, Robert Miller, Sylvia Mather, Jim & Shirley Mae Jeffrey, Leila Montgomery, Joan Enman, Gerhard Hirsch, Faye Wilson, Barton Howes.

Home-away-from-home Holland tour

Jun 8-30; Theresia Keet 604-596-1953

Preliminary booking for approx. 20 people has been made in Nunspeet at "Duiventil" (groups-accommodation) for \$19-\$25/day depending on the number of participants. A deposit of \$200 to cover cancellation insurance must be received in the office by Sep 15/97, non-refundable unless the trip is cancelled due to lack of participants. By late September we will know if we have enough participants (15-20 people). If so, accommodation and insurance payments will be made.

An additional deposit of \$250 is required in January to cover most of my costs, non-refundable unless the participant is replaced by someone else.

Meals, train, etc. are your own expenses (est. \$30-\$70/day depending on individual preferences); non-stop KLM flight Vanc. to A'dam will be booked in January.

Non-biking partners welcome; information on bicycle routes will be provided; Nunspeet is centrally located and English is widely spoken.

Participants (16): Theresia Keet, David & Truus Clark, Art Borron, Doc Watson, Monty Peters, Audrey & Bill Hannan, Raynel Merness, Lloyd Smith, Alyce McKay, Thomas Joyce, Kathy Narvaez, Irene Hatton, Carl Rorison, Diana Keith.

Washington/Idaho Hub & Spoke Tour

May; Leila Montgomery 250-352-2154

Two weeks, 20 to 25 participants;

Location - Suntime R.V. Park, Post Falls, Idaho.

Cycle 60-80 km./day on paved backroads to Spokane, Coeur'D'Alene, and several other routes along the river and lakes in that area.

The cooking tent will be set up for community meals.

Costs for R.V.'s and tenting will be provided in the next Newsbrief.

The Alaska Highway

Jun/Jul; Chuck & Lynn Dick 604-261-5092

Camping with support vehicle. Max participants 24. This trip would begin in Fairbanks, Alaska and terminate in Dawson Creek, BC (mile 0 of the Alaska Hwy). As is typical of our previous China and Alaska tours there will be activities other than cycling. Of the 35 days, 25 are actual cycling days and other activities such as a possible train ride, paddle wheel tour and various visits to points of interest in major communities along the way will

occupy the remaining days. We will attempt to fill each day with interesting points of departure from cycling and participants will be provided with detailed descriptions and maps. We will utilize well organized campgrounds at all times and may include the odd warm, cozy lodge if the overall cost will permit and the expense seems reasonable and justified. For those of us who have been on the Dempster Hwy trip or on the circuit tour with Ted Stubbs and for those who accompanied us on the Alaska tour, this trip will provide a natural extension, and in a sense a completion, of their northern excursion - or a beginning of others to come.

Distance and planning info were provided in the July Newsbrief; detailed itinerary and supplementary recommendations will be provided at the AGM in December.

Participants (11): Chuck & Lynn Dick, Andre Milaire, Bill Augusteijn, Bobbie Redmond, Sharon Lindsey, Ilona & Peter Dobos, Marion Orser, Joan Engman, Sonja Joos.

Calgary Hub & Spoke Tour

Sep 10-17; John & Zel Harvie 403-228-4934

Fax same as phone; Email: jharvie@ibm.net

Not less than 10 or more than 20 cyclists;

Three rides in Calgary using bikeways: Chestamere Lake 87 km, South Pathway Circuit 85 km, North Pathway Circuit 70km.

Six out of town circuits which will necessitate transportation to and from the point of origin: Big Hill Springs, optional 67 or 87 km; Upper Kananaskis Lake, 88 km; Bragg Creek, 65 or 87 km; Highwood Pass, 78 or 88 km; Big Rock (Turner Valley/Black Diamond/ Okotoks) 65 or 81 km; Bow Valley Parkway to Lake Louise, 95 km.

Participants will be supplied with Calgary city map, Calgary city bike map, various tourist information, topographic map for out of city tours, ride information sheets.

Places to stay: Two are proposed that adjoin each other, and Canada Olympic Park on the west outskirts of Calgary just meters off Hwy 1:

- West Calgary KOA campground 403 288 0411; fall season rates approx. \$18 tent, \$26 trailers;
- Econolodge West 403 228 4436 2 star, AMA approved and used by Olympic Park for visiting athletes, fall rates \$45-\$75 (2 persons/2 beds); note, there are two other 'Econolodges' in Calgary, neither convenient, be sure you call the number above.

Participants will make their own reservations which should be done months in advance. Group rates not available. There are nearby restaurants.

A \$15 fee for out-of-towners is required to cover maps, phone calls, etc.

PROPOSED TOURS

(In the planning stages; not yet put forward for sanction.)

The Bard & the Bike

Janice & Ron Pickerill 604-261-2403

Janice and Ron are currently away exploring the options in planning a cycling tour in the summer/fall, in the vicinity of the theatre town of Ashland, Oregon. They envision cycling in a circular route and stopping for 3 days of Shakespeare etc., or a fixed centre town with some plays at night. There is an outdoor theatre always playing a Shakespeare play and two indoor theatres with more modern plays. It might work out for non-cycling partners to come along for the theatre if we have a fixed centre.

The options are:

- camping - KOA site about 9 mi. out of town
- hostel - \$14 US per night
- college - \$19 US per night

Any ideas from interested cyclists would be considered.

Potential participants: (10) Janice & Ron Pickerill, David & Truus Clark, John Hickman, Margaret Hunter, Jean Horrocks, Dan McGuire, June Gallagher, Peter Jones.

VANCOUVER & Vicinity WEEKLY RIDES

Sundays:

- **Vancouver-** 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:

- **Ladner-** Meet at the Ladner Community Centre 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 881-1179 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 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

OTTAWA WEEKLY RIDES

- **Thursdays-** For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502

CALGARY WEEKLY RIDES

with the "Elbow Valley Easy Riders"

Their rides are on Tuesdays and Thursdays

Apr 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details.403-288-7910

DISASTER RESPONSE ROUTE

How many times lately have you been cycling along and wondered what that new gold/black sign with the diamond grid in a circle means? Are you in the right place for a disaster... or should you peddle fast to anywhere else? The following has been excerpted from a recent Vancouver Sun Weather page:

NEW SIGNS SHOW VANCOUVER-AREA EMERGENCY ROADS

The province has installed special disaster response route signs on major roads in the Lower Mainland. The route is the creation of emergency planners and transportation engineers who identified a network of roads that can best move emergency services and supplies where they're needed in an emergency.

Roads marked with the signs will be the first to be cleared in an emergency, and the ministry of transportation and highways advises all drivers to stay off them in a disaster. Public service announcements on radio will provide information on which routes are being used and what they are being used for. "Greater Vancouver is the first place in the world to plan ahead for disaster transportation routes by posting the signs ahead of time." says a ministry brochure on disaster response routes. For more information, contact your local municipal emergency coordinator or visit the World Wide Web site, <http://hoshi.cic.sfu.ca/pep/>

A WARM WELCOME TO THE FOLLOWING NEW CCCTS MEMBERS:

Flewelling	Dennis	250-656-4533	1654 Barrett Drive, Sidney, B.C.	V8L 4Z1.
Girard	Rejeanne	418-872-0117	1659 Rue Damiron, L'Ancienne-Lorette, QC	G2E 2L8.
Keith	Diana	604-524-9974	107-28 Richmond St., New Westminster, B.C.	V3L 5P4.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 10

October 1997

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-7710
 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. Items for the Newsbrief must be received by the 5th day of the month.

Membership fees: single \$25; couple \$35.

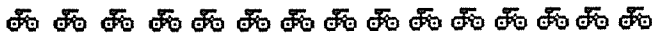
The month your dues expire is shown on the address label.

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President	Ted Stubbs	321-2784
Vice-President/Tours	Marion Orser	520-7636
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Acting Newsbrief	Mary Eickhoff	535-2513
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The Island	Horst Hees	389-1152
Others	Sally Petersen	384-6804
	Bob Douglas	435-3893
	Bruce Ross	656-5591
	Dennis Parsons	881-1179
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923



PRESIDENT'S CORNER

The gloomy days of winter are not far away, but the excitement of planning the thrilling rides for next year spurs us on. While not yet complete, we have Cuba, Alaska, South Africa, Washington, and Alberta to entice us in 1998. Plan your routes, put up your money, and come and enjoy!

We are losing some of our good members who are directors of your club; new bodies are needed, so don't be shy, let your name stand if you have the time and commitment. You all know the old saying: "You

only get out of a club what you put into it." Let us market your skills. Everyone has some.

While in the Peace River area on a recent tour it was heartening to see the interest in cycle touring, apparently something novel in the North. It was also interesting to have our tour shepherded by the RCMP - they kept track of every move we made - if you needed to know where we were, just phone the RCMP - they were aware and told people where we were. I was grateful and thanked them for their vigilance.

Barton and crew are off to Baja on our next to last trip for this year - have a good one but watch out for the scorpions!

COMING EVENTS

OCTOBER

Directors' meeting Tue, Oct 7
Baja Tour Oct 10-Nov 12

NOVEMBER

Directors' meeting Wed Nov 5
Arizona Tour Nov 14-29

DECEMBER

Annual Banquet Wed Dec 3, Ladner Community Ctr
\$25/person admission - get your tickets by Nov 21
Annual General Meeting Thurs Dec 4

LETTERS TO THE EDITOR

Notes, E-mail, & faxes have been received hailing the triumphs of members whose supporters notified us of their results in the '97 BC Seniors Games in New Westminster... winners listed alphabetically -

- Davies, Ruth: 1 Gold, 4 Silver - Swimming (*Ruth also bettered her times in all events*);
- Dick, Chuck: Silver-Pentathlon;
- Folk, Eva: 2 Gold, 1 Silver - Swimming;
- Laramée, Ella: Gold-Time Trial, Gold-Road Race, Gold-Hill Climb, Gold-All Around Medal;
- Orser, Marion: Silver-Hill Climb.

Equal praise is due our unsung heroes!

To The Editor:

Please find enclosed a brief but to the point copy of bicycle traffic laws according to Vancouver's traffic enforcement section (*from the Vancouver Sun Sep 17/97 Weather page Traffic Report*). I thought some of our members would be interested, as I was, to know this was in effect. I know personally, several members who do not have bells on their bikes. \$75, that's an awfully expensive bell, isn't it? Keep up the good work.

Thom Duck.

"CYCLISTS ARE REQUIRED TO FOLLOW TRAFFIC RULES

Scott Cooper of North Vancouver says 90 per cent of cyclists don't follow the rules of the road, but wants more information on exactly what the rules are. He asks whether cyclists are allowed to cycle on sidewalks, go the wrong way down one-way streets, disobey stop signs and run red lights.

Staff Sergeant Garnett Salmon, of the city of Vancouver's traffic enforcement section, said cyclists are not allowed to do any of the above. 'They're required to abide by the same traffic rules as apply to drivers of any motor vehicles.' Under the Motor Vehicle Act, he said, cyclists face a \$75 fine (plus a new 15-per-cent victims' surcharge for a total of \$86) if they don't ride on the right side of a highway, have at least one hand on the handlebars, sit on the bike seat, follow signs that prohibit cycling in a particular area, have a headlight or tail light or reflector at night, or ride with due care and attention. They're liable for the same moving vehicle fine if cyclists ride two abreast on a highway, carry a passenger on the bike, ride in a crosswalk or are holding onto a vehicle. Under city of Vancouver bylaws, cyclists are also liable to a \$75 fine for riding without a bell, cycling on the sidewalk or wearing headphones."

The Good Life.

"Al and Diana Lifton of Nanoose Bay are living life to the fullest since moving to Vancouver Island eight years ago." So begins an article in "Prime Time - A Nanaimo publication for the Fifty-Plus Generation."

The quote accompanies a front page photo of the Liftons astride their bikes and sporting CCCTS jerseys. Do they look good! The inside story - a full page - tells how they met and not only gives CCCTS the credit, but the Editor's note provides the club phone number and E-mail address. (*The article is posted at the office. Thanks for sharing, you two; it's something you do often and well.. Ed.*)x

Trip to Victoria

Eva Folk

During the last sunny days of September, Anne Ives and I got on our bicycles and went to Victoria. Our purpose was to visit Monty Maundrell, an old cycling friend of ours who has been reported as being very ill. Monty was most pleased to see us, and we in turn were delighted to find him in very good spirits. He told us that, because of his doctor's poor outlook for his future, he had given away all of his camera equipment and had sold his car. But now with daily health improvement, he will soon buy a new camera.. He has already bought another car and is making plans for the future. Good for you, Monty.

What a good end to a day of cycling in Victoria.

Thanks to all for your letters, Ed.

ADDRESSING AN OVERSIGHT

(Ed.)

A notice in last month's Newsbrief informed readers that a copy of the **CCCTS Brochure** was enclosed and that additional copies were available on request. The oversight was in not explaining that the sample brochure is for your use in providing information on the CCCTS to interested parties you might encounter on a tour, day ride, or other occasion; members are not expected to fill in or return the application/waiver forms. Sorry if we caused you unnecessary effort and postage.

TOUR REPORTS

Peace River Tour 1997.

Glen Smith

Congratulations to our intrepid leader, Ted Stubbs and his most compatible wife Pat, for completing a successful tour of the B.C. and Alberta Peace River country. Many thanks to Inge and Ian Polley for volunteering to do the truck driving and shopping. Twenty-seven of us cyclists assembled at Tubby's R.V. Park in Dawson Creek, B.C., on August 23rd. Ted laid out our schedule and cook teams for the next three weeks. The next day in sunshine we cycled east of Dawson Creek for Moonshine Lake campground off Highway 49 in Alberta. We struck our first camp and all worked well. Cook team #1 surprised us with a treat of sausages, rice and beans, all good stuff. The next day we cycled further east to a historic spot on the Peace River at Dunvegan, Alberta. Dunvegan is a provincial campground with a restored oblate mission and trading post buildings of the Northwest Trading Company. Some of us were embarrassed the first night to discover we had set our tents up under an automatic sprinkler system that actuated at 3 am and were perceived as a strange regular pattern of rain for an hour.

The extra day at Dunvegan was used for exploring, hiking and reorganizing our camping skills.

On August 26th we found ourselves further east on Lac Cardinal at an almost abandoned, beautiful provincial campground, Queen Elizabeth Provincial Park. Some cyclists had a short swim in the shallow lake which was filled with critters which attached themselves to the shiny parts of peoples' swimsuits.

Next stop was Peace River, 19 km away, but Ted designed a route along the old Shaftsbury Road and also a criss-cross on a ferry over the Peace River to extend our cycling distance to 56 kms. We had a nice camp on the west side of the Peace River for two days. Some of us explored the area and cook team #6 tried to match the culinary exploits of all the other great cooking teams (2 types of chicken curries on rice served with French and California wines).

Cycling out of Peace River on August 29th, the Press took pictures of us struggling up the 700' hill on the first leg of this day's journey. We ended up east of Peace River in the village of McLennan.

This was the most easterly migration of the journey and we were close to Lesser Slave Lake. It rained at McLennan campsite and the Peace River gumbo was

witnessed. We were set up next to a Pentecostal Gospel mission which was there to help those that needed it.

From our most easterly point, McLennan, we cycled west and south, stopping at various campsites to arrive at Grande Prairie, Alberta. Highlights of this segment were: 1) Fahler - an alfalfa pellet plant operation; 2) Dreamers Lake - a neat campsite on the top of a hill looking north over the Peace River area. There was an artificial lake made by the locals from Wanham, Alberta.

Grande Prairie campsite was the local Rotary R.V. Park on the Bear Creek Green Corridor. This green corridor traverses the city north to south and is covered with grass, trees, creeks, lakes, dams and falls. It is all very well planned and is so convenient for the city. The corridor has about 16 km of trails that are easy cycling. Grande Prairie as a city seemed much cleaner, busier and more developed than I would have expected for a northern Peace River community.

After three nights at Grande Prairie we made our way back to Dawson Creek through Hythe. At Dawson Creek we lost two Joans and a Jean, and the 24 of us struck out to complete the tour. We first stopped at Fort St. John, then Hudson's Hope, with a day off to visit the W.A.C. Bennett dam (what an immense project this was and continues to supply greater than 35% of all B.C. power).

Next stop was Chetwynd, a busy little place with an enormous Canfor sawmill. There was a great downhill run into this small B.C. town.

The last leg of the trip was from Chetwynd to Dawson Creek, greater than 100 kms. We had been warned about two terrible hills out of Chetwynd. Well, it all went well, and was one of our best days of cycling.

Special congratulations for senior member Ian Cassie, for completing the trip. It goes to show that slow and steady will win the day! Special thanks also for Dennis Parsons for the many small and large chuckles he provided.

Also a special thanks to all the cook team leaders; once again your exemplary cuisine has confirmed the old saying of CCCTS members, 'Legs of steel, but bellies of jelly'!

MEMORIES OF THE PEACE, Joan Engman.

Our first morning, Mile 0 Alaska Highway, we were greeted by a rainbow and then across the sky reds and golds streaked in magic array. Whimsical cloud formations watched over us those first days of perfect cycling and before us spread a panorama of harvest-ready grain crops - canula, rye, wheat, and some we couldn't agree on.

The long curving downhill into Dunvegan offered moments to savour the picturesque farmlands of the opposite river bank. Then that engineering marvel, the yellow extension bridge which spanned the mighty Peace River but frightened one with its unruly metal plates on either end. In the morning it would redeem itself as swirls of river fog entwined the golden framework.

The Shaftsbury Ferry - a rare treat (*treat? Ed.*) for CCCTS cyclists to "Ride the River" on a ferry powered

by a diesel tugboat. What a view of the mighty Peace it offered.

The village of Hythe's Olive Stickney - no sooner had we cycled into Hythe than we were corralled and advised to visit this vibrant 80 plus lady who appeared to independently gain for this village their title of "Volunteer Capital of the World." What a spark! Her achievements not only included literary awards but a village that boasted everything. Unbelievable were their accomplishments - the Senior Citizens' Home, the arena, the hospital, and even the acclaimed jeweller whose little store had a terrific jewel collection - including the Alberta, Ammoniate. After hearing Olive's tale of how he fashioned her pennant (*pendant? Ed.*) from the dental gold claimed from her third molars we city folk thought Hythe had more than one prize citizen!

Dreamer's Lake - unbelievable - a tranquil lake on top of a hill (a double grunt cycle up a gravel road was necessary but it was well worth it). What a spot! My tent door opened onto an unforgettable scene - banked by two rolls of trees you could see for miles the farmlands with each crop showing its distinctive colour. That was daylight. At 4 am I looked out to star-studded sky and directly in front with the trees providing a two-edged frame was the Big Dipper!

Who could forget the wagon ride drawn by four beautiful Percherons (not to mention the "Fall of the Elderly Gentleman" where the skills of Nurse Leila and Doc Glen saved the day). Even the hexagon (?) shape of the shelter was unique. The setting was perfect for the champagne toast to Truus and David's 13th wedding anniversary.

Grande Prairie - What a modern bustling city! "Forest Capital of the World" - but a city to be envied for its modern malls, the flowing architecture of Cardinal in its regional college, its excellent museum that contained all those antique things we grew up with, and the cycle path through town via Muskoseepi Park.

Remember Taylor's Hill - the anticipation of this dreadful steep long downhill with no shoulders, broken pavement and heavy truck traffic - was with us until the moment of descent - and then erased when the views of the river bed, the unique rock formations, and surrounding slopes displayed the magnificence of the setting. Paul in his wisdom stopped halfway and took pictures. Even the traffic seemed to take time out - and we were exhilarated and triumphant as we reached flat terrain - crossed the bridge with its thatched metal flooring - and gathered for a Taylor lunch.

The squirrel that went into Jean's saddle bag and devoured her lunch.

The redeeming feature of Charles Lake had to be the spectacular sunset.

Chetwynd - skilled chainsaw carvings adorned this little town, "The Lumber Capital of the World" - a perfect location for our celebration dinner. Who but David could have chosen and delivered with zest the right words to thank Ted for this successful tour - and to recognize with humour the indispensability of Ian and Inge.

Despite the unforgettable valleys with their exciting downs and strenuous ups, the spectacular views, the enlightening history of the Peace country, and the achievement of crossing the mighty Peace five times - what really made the trip memorable was the cyclists involved. What a great bunch! All different - no mediocrity in this group - and all essential! Could the trip have been successful without Leila's ability to make each cyclist feel individually important, could our bikes have made it without Andre's expertise, could that support tent have come up and down without the well-tuned guidance of Bill and the cooperation of muscle power. Remember Glen and Elsie's campfires that promoted choruses of old favourites. Remember too it was our Scot, Ian Cassie, who drew the media attention and so he should. At 80 his independence, determination, cycling ability, humour and his ability to tell-it-the-way-it-is made us proud to be part of his team!

THREE CHEERS AND A TIGER for the Gabriola Island/Chemainus Dinner Theatre Tour. (Ed.)

While these were actually different tours they were so complimentary to each other that I'd like to thank all the organizers in one go... Dennis Parsons and Pat Debuth (Gabriola), and Joyce and Carl Dukeshire (Chemainus Dinner Theatre), for the super September treat they arranged for us (*Sep 16th to 19th*).

In spite of a damp inaugural Tuesday, the hospitality of the hosts and the enthusiasm of the participants made for a warm, cozy first night on Gabriola with a great catered dinner. After a Wednesday of exploration in sunshine on this beautiful island we enjoyed another superb evening at Pat's and were amused? by the foibles of a totally inept amateur photographer (*who apologizes for her dead batteries*). The breakfast chefs, Dennis and Noreen earned our applause.

Pat's lovely cottage and grounds deserve special mention. I particularly enjoyed the herb garden with its sundial poetically set in a bed of Thyme.

Thursday the group departed Gabriola, in perfect Fall weather, on various routes, some returning home, a few to a Nanaimo bike shop, then joining others at the Crow and Gate Pub for lunch; then south to Chemainus to meet with other members out for a good time, who arrived for the Dinner/Theatre. After an impressive buffet we thoroughly enjoyed the hilarious performance of 'The Odd Couple'.

Everyone returned home Friday by their chosen routes; I, with very amiable companions, south to Crofton, ferry to Vesuvius, across beautiful Saltspring Island to Fulford Harbour, to Schwartz Bay, and return to Tsawwassen. This route proved to be prudent as we were able to buy direct passage, when on board the Fulford ferry, to Tsawwassen @ \$2 for bicycle and passenger, and also minimized our travelling time.

How about 3 more cheers and a return engagement.

"From a woman's point of view," or, "When I became one of the boys." Beti Darvell-Jones

Yes, well, it was an experimental trip to offer as a tour next year to anyone visiting Ottawa, two weeks

cycling around Lake Ontario. Now Lake Ontario is a big lake compared with the other four. Also this was about the only bit of geography I knew as a kid, of Canada. Everyone heard of the five great lakes; so I thought I'll start on the first one, living in Ontario an' all!

Garfield laid out the plan with input from Gerry and Bill. I dunno what I was supposed to do, but it wasn't gonna be camp cook!! So there was me, Bill and Garfield, everyone else being away like, or not interested.

Day one, on a Wednesday August 27, saw us at 7 am loaded up full four panniers and front bar bag and in some cases bum bags. We met officially at the Hunt Club bridge. Traffic everywhere... all the slaves going to work! It was a long ride, 120 km, cool, drizzle, stopping for sustenance at a pastry shop in Merrickville, mmm... custard tarts; we drew lots. Camping at Brockville in a nice provincial park Garfield brought out lots of little surprise leftovers from his fridge. Funny, I pigged out and emptied mine the night before.

We made it to Kingston staying at the Y.H., very reasonable and using the kitchen facilities we met quite a few passing trough'ers with admiring glances from a frenchman and a chat with a couple of young'uns who couldn't wait to retire. We had a drink at "The Brewery" to help us on our way and headed for the ferry over to the 'State To Be In' of New York!

Wolfe Island ferry is very cute, small and personal. More cyclists spoke to us and seemed to know so and so who knew so and so who knew us. The usual thing. It was between Porter Point and Chaudmont that the first bike mishapped. Luckily we found another pub owner, who could repair anything from A to Z. Except he couldn't repair bicycles. After hearing 'His' meaning of life, his wife came off the phone and told us of a bike repair man 15 km back (don't forget this is an experimental trip). We tootled or wheeled off and finally found him at home. Quite a professional set up. He fixed Garfield's rear cluster, Bill's wheel, looked mine over. Just the sensor needed tightening up. Note the things I'm learning: cluster cogs, headset, sensor thinga me jigs. Yeah, it was gettin' dark and he kindly let us camp on his back lawn. Wonderful.

(To be concluded, next Newsbrief, New York et al)

Borlänge, Sweden.

Horst Hees
Greetings and best wishes ... one day in the life ...

It is early morning in Ingelunde. I am floating in the canoe up the very lazy river - compared to this river at Hjärpbo I am active when occasionally correcting the automatic pilot (the slow flow of the river). The sun is gently warm with just a touch of Fall in the air. It comes early to this part of Sweden.

Of the many birds that interrupt the gentle conversation the air is having with the tree leaves, only a few seem aware of my presence. And I think the frog would have jumped anyway. No sound betrays the proximity of the city nor the closeness of other humans. Where am I? When am I?

Quite a change from last night, Wagner selection in Rätterick when the Magic Miaget Albericht rowed his

boat to meet the superhuman (and four times his size) singing Rhein Maiden. The romantic excerpts from the Ring cycle were beautifully played and sensitively conducted by Ms. Rydinger to bring out more hummable tunes than I suspected in Wagner's music.

Tomorrow morning I will leave this enchanted place and start to cycle south some 700 km through Sweden, wind my way through Denmark and back to Germany to meet with Richard once again.

So far Sweden has impressed on me its quiet seriousness, its calm serenity, and that the natural world is everywhere so close, clean around the edges yet not manicured or sanitized. I feel close to a friendly, inviting nature here and peaceful, in the birchwoods, the drinkwater lakes, in the midst of the smell of chamomile, the blueberry woods, the neat, peaceful, long since organized villages.

Even though most Swedes seem to speak some English, I see Sweden not as an international, rather a private country with a well kept secret; its Beauty.

All the best to you.

OTHER REPORTS

A BIG WELCOME TO NEW CCCTS MEMBERS:

Chang, Bosco

1706 Kingsberry Cresc., Victoria, V8P 2A7
250-477-4374

Codling, Keith & Bonnie

S33 C10 RR3, Nelson, V1L 5P6
250-229-5702

Hoban, Penny

RR1 S4 C2, Sicamous, V0E 2V0
250-836-4388

Johnson, Margaret

3978 W 22nd. Ave., Vancouver, V6S 1K1
604-224-0900

Matthews, Liz &

McIntyre, Bruce

R.R. 1, Site 5, Gabriola, V0R 1X0
250-247-8920

McNaughton Jo Anne

Narvaez, Kathy

1051 Quebec St., Denver, CO, USA 80220
303-322-2923

Sule, Fern

3080 Progressive Rd., Wapato, WA, USA 98951-9788
509-877-3840

Swaren, Phyllis

206-969 River Road, Ottawa, Ontario K1K 3V3
613-744-6938

Trouton, Sheilla Anne

217-2377 Shannon Woods Dr., Westbank, V4T 2L8
250-768-9918

Warner, Earl

204-3591 Oak Street, Vancouver V6H 2M1
604-738-9789

Weinstein, Edward & Jackie

7309 Coronado Dr., Burnaby, V5A 1P9
604-420-3158

Membership as at Oct 5: 427

The Ladner Riders' Monthly Dinner.

Marten McCready

As is our custom, the Tuesday Group met at Rickey's in Ladner for the monthly dinner on Sept. 9th. Alyce McKay was our only birthday girl and she had the honors of blowing out the candles. A brand new member-to-be, Brian Rigg from Surrey, joined us for the ride and dinner. We hope we convinced him what a great bunch we are and we will see him again soon. Also, Bernhard Pfestorf from Surrey, came along. It was his first time with the Tuesday group and we hope he found us to be a top-knotch gang and he will come out again. Eva Folk has won a silver and two gold at the B.C. Senior Games for swimming and was planning on attending the dinner to show off her medals. Unfortunately, she was unable to attend and her seat of honor was left vacant. However, during the dinner, Anon Amos, expecting her to come, wrote one of his little poems to commemorate Eva's victory and was going to read it at the dinner. Since Eva didn't show, the poem is inserted below and it's hoped Eva will see it there.

Ode to Eva Folk

Anon.

You may recall a year ago
This story that's often told,
How Eva swam a winning race
And came up with the gold.

Then swam again three more times,
While top awards befell her.
It was a most momentous feat,
A feat entirely stellar.

But now this year at the Games,
A different class she's in.
She's up against a tougher lot,
They too are out to win.

Their training has been thorough,
These competitors are keen,
Any weakness in their armor,
Will very soon be seen.

The pressure must be mounting
And may take its toll today.
Some may find the price too high,
And fall beside the way.

But Eva's made of sterner stuff.
Her goal she will attain.
She'll always give her utmost best.
And she will win again.

And win she did in super style.
Let's write this large and bold.
**Eva brought home three awards
A silver and two gold.**

Bravo again to you, our friend.
It's swimming that's your scene.
You are the tops in your class,
And to us you've always been.

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 TOURS

Baja

Oct 10-Nov 12; Barton Howes 250-378-0927

Underway San Diego to La Paz.

Participants: (22) Barton Howes, Faye Wilson, Leila Montgomery, Vernon Patterson, Robert Curr, Augusta Lee, Jack Sheppard, Eila Taylor, Diane & Russ Horsnell, Joan Enman, Barbara Faulkner, Margaret Hunter, Andre Kaufmann, Bill Hook, Judy Jackson, John Hickman, Ron Eade, Jean Horrocks, Dan Baris, Richard Lebek, Paul Westmattelman, Pablo Bleiker, Andre Milaire, Barbara Forseyth.

Arizona

Nov 14-29; Mary Whyte 604-946-6266 & Sally Svensson 604-987-3449; maximum 20.

A motel tour with support vehicle for lunches and emergency use only. The itinerary was published in the June Newsbrief.

Participants (20): Mary Whyte, Sally Svensson, John Peck, Barbara Hetzer, Shirley Fisher, Carl Rorison, Margaret Fyfe, Cathy McPherson, Ness McCulley, Theresa Green, Glen & Jean Smith, Edwin Hardy, John Hiza, Joyce Bowen, Muriei Duerbeck, Roy Barrows, Anna Markus, Ted & Jantien Golsteyn.

1998 TOURS

Cuba

Jan 23-Feb 13; Bruce Ross 250-656-5591

Max participants 26; Cost finalized at \$2,125 which must be received at the CCCTS office, less \$200 deposit, by Dec 1/97. Payment includes airfare and hotels only.

Air schedule: lv VAN 2315 (hrs.) Sat Jan 24, arr TOR 0600 Jan 25; lv TOR 1500 Jan 25, arr Havana 2045 Jan 25. Return: lv HAV 0800 Sun Feb 15, arr TOR 1330; lv TOR 1800, arr VAN 2000 Feb 15.

The tour route is Havana, Matanzas, Cardenas, Jaguey Grande, Plaza Giron, Cienfuegos, Trinidad, Santa Spiritus, Santa Clara, Sagua la Grande,

Corralillo, Varadero, Santa Cruz, Havana. There will be 5 two night stands.

Name on air tickets must be identical to name on your passport; therefore, check your name on the membership list to be sure its exactly the same as on your passport; otherwise please send correction with final payment. Final joining instructions will be mailed out in mid January.

Participants (26): Bruce Ross, Barbara Faulkner, William Hook, Sylvia Mather, Fritz Niebisch, Bud Masse, Jean Horrocks, Barbara Hetzer, Sim Wee, Myrna Korstrom, Peter Cordoni, Dan McGuire, June Gallagher, Chuck & Lynn Dick, Jim Erickson, Suzanne Gagnon, Josie Zewiec, George Stenning, Dan & Jerry Baris, William Armstrong, Marion Orser, Harry Tingley, Jack Sheppard, Norma Sinclare.

Waitlisted (8): Irving Weiss, Doc Watson, Wendy Pearson, Raynel Merness.

South Africa

Mar 02-Apr 17; John Peck 604-538-0195

This will be a conducted 26 day bicycle tour, Port Elizabeth to Cape Town, mostly camping, followed by an optional 16-day camping safari from Cape Town to Victoria Falls, via Namibia. Maximum 25. Cost (subject to revision) 26-day cycle \$1600, 16-day safari \$1200, plus airfare about \$2000, about \$5000. A deposit of \$100 was due at the office October 1, refundable if the tour is cancelled. Our previous quote for airfare was too optimistic, sorry.

Participants will receive a Bulletin, with detailed itinerary, along with this Newsbrief.

Participants (19): Chuck & Lynn Dick, Josie Zewiec, Jack Sheppard, Sylvia Mather, Leila Montgomery, Joan Enman, Gerhard Hirsch, Bruno & Cathie Freigang, Sheila Anne Trouton, Pat & Ted Stubbs, Penny Hoban, Theresa & Wendell Green, Peter Den Boer, Jo Anne Hamilton, Mary Goulding.

Home-away-from-home Holland tour

Jun 8-30; Theresia Keet 604-596-1953

With disappointment, I have decided to cancel the trip to Holland as with so few participants the groupsaccommodation gets too expensive. I had really looked forward to go and discover more of Holland. Wayne and Clara Waardenburg visited "De Duiventil", liked it, called the cycling there "awesome", and told me the people there were also busy preparing bicycle routes.

Anytime someone wants to go to Holland to cycle, I have lots of information. There is an organisation in Holland "Friends of the bicycle" if you want to stay with private people. Call me if you want more information.

Participants (10): Theresa Keet, Art Borron, Doc Watson, Audrey & Bill Hannan, Lloyd Smith, Thomas Joyce, Kathy Narvaez, Diana Keith, Carl Rorison.

P.S. An interesting fact I was reading in the Dutch newspaper was that the Dutch people cycled 12.5 billion km. in their own country in 1996. That is about 1,000 km for every man, woman and child.

Washington/Idaho Hub & Spoke Tour

May; Leila Montgomery 250-352-2154

Two weeks, 20 to 25 participants;

Location - Suntree R.V. Park, Post Falls, Idaho.

Cycle 60-80 km./day on paved backroads to Spokane, Coeur D'Alene, and several other routes along the river and lakes in that area.

The cooking tent will be set up for community meals.

Costs for R.V.'s and tenting will be provided in the next Newsbrief.

Participants (25): Leila Montgomery, Maxine Donahue, Anna Markus, Eleanor Bannister, Bruce Ross, Wendy Pearson, Dan & Jerry Baris, John & Zel Harvie, Stan & Daphne Pollard, Margaret Fyfe, Roy Barrows, Josie Zewiec, Brian & Myrna Pollard, Catherine Mick, Joan Enman, Art & Brenda Borron, Jim & Shirley Mae Jeffrey, Ivan & Margot Paravan.

Waitlisted (1): Sharon Lindsay.

The Alaska Highway

Jun/Jul; Chuck & Lynn Dick 604-261-5092

Camping with support vehicle. Max participants 24.

The cycling portion of this trip will originate in Fairbanks, Alaska and terminate in Dawson Creek, BC. Information regarding travel to Fairbanks from Vancouver and return from Dawson Creek is also included. Some participants may wish to join the tour in Fairbanks from other destinations.

Bicycles will be transported from and to Vancouver in the sagwagon.

The daily itinerary has been mailed to participants and will be posted at the Annual General Meeting.

Tour price cannot be definite yet because prices for campgrounds, etc., may change by Spring '98; however at this time approximate costs are: (\$)

Bicycle portion (truck, food, camping)	1374
Airfare to Fairbanks	415
Bus - Dawson Creek to Prince George	44
Train - Prince George to Vancouver	167
	\$2000

Train fare includes breakfast, lunch and dinner. We'd camp in Prince George the night before.

If you like fishing don't forget your rod. Roadside lakes are stocked and there are quite a number of low mileage days. Plenty of time for fishing and enjoying the terrific scenery!

We'd like a sagwagon driver or someone who would share with Chuck. Please call Chuck if interested.

Participants (13): Chuck & Lynn Dick, Andre Milaire, Bill Augustejn, Bobbie Redmond, Sharon Lindsey, Ilona & Peter Dobos, Marion Orser, Joan Engman, Sonja Joos, Lise & Danielle Brooks.

The Bard & the Bike

Sep 8-17; Janice & Ron Pickerill 604-261-2403.

A two fixed centre tour starting in Champoeg State Park which is in the Willamette Valley 27 miles south of Portland. There will be four days of rides in the beautiful farmland 65 to 85 km length. Then we will rest by driving to Ashland and riding smaller rides on theatre days and at least one or two longer rides for another four days. We will reserve tickets for one afternoon performance and one evening show. It is

possible to buy last minute tickets for a few people if more are desired.

We will rent a group site in Champoeg which includes tenting and RV hookups and a large enclosed building with a stove and sinks. It would be possible to have group meals here as it is not near restaurants. Those who want to could stay in a yurt which is a round little house complete with beds and power and sleeps up to five people. The cycling here is mostly flat and meanders through hops, orchards, onion fields and pastures. We would be visiting three parks and use one small ferry.

In Ashland we would be split up, with the tenters and RVs at a site outside of town, and the others at the Hostel. There we would be on our own for meals except for a final dinner. There are hundreds of little places to eat in Ashland and they all look very interesting. We hope to ride one day with the local cycling group which we met, who seemed very jolly and about our age. They are the Siskiyou Wheelmen and Women.

Yes, the American Dollar is high, but the cost of gas is lower. We suggest carpooling where possible. Cost of the tour will depend on the type of accommodation you use. We will ask for a non-refundable deposit to cover reservations at accommodations, tickets to 2 plays and any other unavoidable administrivia.

Costs: Non-refundable deposit of \$40 by Feb 1/98; balance of \$300 by Jul 15/98.

Accommodation:

- Champoeg - tenting, RV hookups or yurts;
- Ashland - hostel, tenting, RV hookups + 2 plays.

Note: Please specify accommodation required with your deposit. We anticipate having group meals at Champoeg but everyone on their own for meals at Ashland (lots of cafes and restaurants). Please note, Janice and Ron will be away Oct 22-Dec 11. A detailed itinerary will be posted at the AGM. Max (25).

Participants: (16) Janice & Ron Pickerill, David & Truus Clark, John Hickman, Margaret Hunter, Jean Horrocks, Dan McGuire, June Gallagher, Peter Jones, Martine Donahue, Dan & Jerry Baris, Irene Hlousek, Mathilde Klassen, Theresa Keet.

Calgary Hub & Spoke Tour

Sep 10-17; John & Zel Harvie 403-228-4934

Fax same as phone; Email: jharvie@ibm.net

Not less than 10 or more than 20 cyclists;

Welcome to the world renowned hospitality of Calgary!

Cycling in and about Calgary is at its best in September for everyone! Clear blue skies, trees turning orange and yellow; not too hot or cold, and rain most unlikely. More paved cyclepaths (mostly along the rivers) than any other city in Canada, over 300k.

The Hub and Spoke Tour envisions three or four days on the cyclepaths; about the same outside Calgary when the prairie and rolling foothill country is at its scenic best; and a day in the mountains, likely dusted with fresh snow higher up, and orange, larch

and poplar sparkling against the blue/green forests, rivers, and lakes.

No end of attractions: Glenbow Museum and Art Galleries; Devonian Gardens; Olympic Venues, upscale shopping and dining; world class Zoo; to name but a few.

Participants will be supplied with Calgary city map, Calgary city bike map, road and topographic map for out of city tours, and various tourist and ride information sheets.

Places to stay: Two are proposed. They adjoin each other and Canada Olympic Park on the west outskirts of Calgary just meters off Hwy 1:

- West Calgary KOA campground 403 288 0411; fall season rates approx. \$18 tent, \$26 trailers;
- Econolodge West 403 228 4436 2 star, AMA approved and used by Olympic Park for visiting athletes, fall rates \$45-\$75 (2 persons/2 beds); note, there are two other 'Econolodges' in Calgary, neither convenient, be sure you call the number above.

Participants will have to make their own reservations which should be done months in advance. Group rates not available. There are nearby restaurants.

A \$15 fee for out-of-towners is required to cover maps, phone calls, etc.

Participants (15): John & Zel Harvie, Anna Markus, Barbara Hetzer, Sonja Joos, Bruce Ross, Tamas & Wendy Sandor, Dan & Jerry Baris, Catherine Mick, Eva Folk, Theresa Keet, John Peck, Carl Rorison.

VANCOUVER & Vicinity WEEKLY RIDES

Sundays:

- **Vancouver**- 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:

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

Wednesdays:

- **West Vancouver**- Meet at 9:20 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week. 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 881-1179 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 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

OTTAWA WEEKLY RIDES

- **Thursdays**- For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502

CALGARY WEEKLY RIDES

with the "Elbow Valley Easy Riders"

Their rides are on Tuesdays and Thursdays Apr 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details.403-288-7910

FROM THE NET (courtesy of John Peck):

Date: Fri, 5 Sep 1997 20:04:20-0400 From: JIM M. FOREMAN<JIMFORE@CompuServe.COM>
Subject: More on needing help
To: Touring List<Touring@cyclery.com>
MIME-Version: 1.0
Sender: owner-touring@cyclery.com
Precedence: bulk

My tip on removing the front wheel has been going around our club for some time and on our Grant Tour to Door County, Wisconsin in 1995, one of our members had a chance to try it out.

He was in the early stages of Parkinson's and three or four of us decided to sort of mother-hen him during what would obviously be his last tour. Somehow he became separated from all of us and found himself alone, lost and confused. He tried to open his medication but dropped his pills in the grass and couldn't find them. He said that all he could remember was that if he got in trouble, to remove his front wheel and hold it up.

A family from Florida came along, saw him holding the wheel and stopped. The lady was a nurse and quickly realized that she had more than just someone with bike trouble. She found his medication and got him to take it but even though he was soon doing OK, he still couldn't remember where he was supposed to go. They found a map in his jersey pocket and eventually brought him to the hotel where we were staying. They were on their way to the end of the peninsula so they called the motel and told them that he was with them. Then they took him out to Washington Island, fed him lunch and finally brought him to the motel where we were staying.

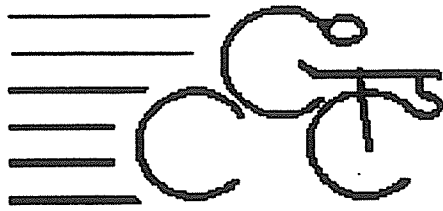
Talk about meeting some nice people. I'm sorry to say that he is now in an assisted care home with little hope of beating the disease. Jim

BIKE PARTS RECALL:

SHIMANO is ordering a major safety recall which will affect tens of thousands of bikes. The cranks - which connect the pedals with the rest of the bike - could break. Shimano says riders should check their bikes, for a number on the inside of the crank.

The safety recall involves cranks labelled FC-CT90, FC-M290, and FC-MC12.

If your bike has a part with these numbers - Shimano says don't ride the bike. Have the cranks replaced immediately.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 11

November 1997

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.
http://www.vcn.bc.ca/cccts/

Telephone: 604-433-7710, Fax: 604-433-7710
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. Items for the Newsbrief must be received by the 5th day of the month.

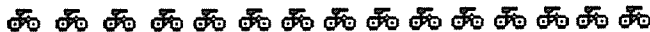
Membership fees: single \$25; couple \$35.
The month your dues expire is shown on the address label.

Directors:

President	Ted Stubbs	321-2784
Vice-President/Tours	Marion Orser	520-7636
Treasurer	Ron Pickerill	734-4881
Acting Secretary	Catherine Lynch	543-0956
Acting Newsbrief	Mary Eickhoff	535-2513
Membership	John Peck	538-0195
Social Convener	Martine Donahue	689-2743
Equipment	Barton Howes & Joan Enman	378-0927 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	881-1170
	Carl Rorison	530-6264

Club Contacts:

Ottawa Contact	Garfield Clack	729-9384
Calgary Contact	Vicki Bernhardt	282-0521
Club Jerseys	Andre Kaufmann	581-3923



PRESIDENT'S CORNER

In correspondence with Canada 3000 Airlines, they have stated that if you have a problem with the treatment of your baggage, i.e., bicycle, and you have a damage claim, take pictures and keep repair invoices which you can submit to Canada 3000. We continue to use this airline service so be forewarned.

Hats off to Ian Cassie for his help in advertising our club through the distribution of those great brochures. Ian has contacted many businesses who have many people nearing retirement; hopefully with positive results.

It's great to have new leaders for some of our future tours. This leads me to our next trip, Arizona, which will be underway by the time you read this Newsbrief. Good on ya!

Mary and Sally! They will be back in time for our Annual Banquet & AGM, as will the participants of the ongoing Baja tour, to join the rest of us Dec 3 & 4 - you'll be there, won't you. Get your tickets early - make it easier for Rob.

It's funny (not 'Ha Ha' funny) - odd is a better word - when you take the position of President of a club you are filled with trepidation, which gives way to a comfortable time, which in turn is supplanted by nostalgia as you leave office. I am in nostalgia time as this is my last gasp from this corner. I hope the next tenant finds the seat still warm. I would like to leave you with one thought: this club is not something to join, but rather *IT IS SOMETHING TO DO!*

Happy cycling.

COMING EVENTS

DECEMBER



The Ladner Ride Christmas Party

December 2 at 12 noon
at Katryn Jeronimus' home
412 Kerry Place, Tsawwassen
Come to Ladner for the regular ride and bring a goofy gift.
For further info phone Katryn 943-3624



Call some friends... buy your tickets for the

ANNUAL BANQUET & DANCE

Wed Dec 3, Ladner Community Centre
just off Arthur Drive (where the Ladner ride meets)



LIVE MUSIC BY STAN LEWIS

Variety Smorgasbord

\$25/person admission - get your tickets by Nov 21



Annual General Meeting Thurs Dec 4

10 a.m.-2 p.m.

South Delta Recreation Centre

same as last year, Hall A in the main building

Come elect the 1998 directors - Nominations p.4.

Coffee and muffins



CHRISTMAS IN VICTORIA

Good food! - Good Fun!

COLUMBO'S

Friday, December 12

6:00 pm for 7:00 dinner

**Menu choices: Prime Rib/Chicken Santa Fe/
Chicken Cordon Bleu/Greek Lamb**

*(all dinners include potato, vegetables,
soup OR salad, dessert, coffee & grat.)*

\$18

*Please reply by Nov 19 with choice of dinner to:
Chris Kabel (250)479-3934, Alida Wellman 477-5754, or
Joyce Dukeshire 658-2696 if you'd like to attend.*

Directors' meeting Tue Dec 9

JANUARY

B.E.A.R.

Don't miss the 1998 New Year's Day B.E.A.R. Details coming from Chuck Dick for the December Newsbrief.

COMMUNICATIONS WITH WHEEL PEOPLE

Seniors Games

We join a late reporter from the August Seniors' Games in congratulating Barbara Hetzer on winning 3 silver and 1 bronze medal. We also cheer the reporter's news that Sonja Joos is making good progress in her recovery from injuries after a fall during the Toppenish ride.

While on the subject of the Seniors' Games, Marion Orser reports the 1998 games will be held at Port Alberni, August 26-29. Hopefully, having this information far in advance will help to avoid conflicts with CCCTS events.

Dear Editor:

While cycling to Harrison Hot Springs, BC on Saturday, October 12 for a Thanksgiving weekend stay I scattered some of John Hathaway's ashes at Dek Creek Spring, now known as Brio Spring, and at the Fraser Delta viewpoint on the south side of Woodside Mountain. I also scattered some of his ashes at the site of the hot spring structure on the shoreline of Harrison Lake.

Regards, Jack Sharkey.

Note to Joan Engman, Thanks for your E-mail. You're very welcome - anytime! Glad you weren't put out. Thanks to all for your letters, Ed.

NOTICES

WHEN MAILING IN YOUR CHEQUE FOR THE BANQUET, PLEASE BE SURE TO DESIGNATE "DINNER", SO THAT IT WILL NOT BE CONFUSED WITH A DUES PAYMENT.

Thank you,

The Treasurer

FOUND

IF YOU'RE MISSING A SLEEPING BAG (hint - possibly since the Northern Gulf Islands Tour 1) GIVE BEN KIHLMAN A CALL. HE MAY BE STORING IT FOR YOU. 687-4925.

FOR SALE: THULE ROOF RACK WITH THREE SEPARATE CLAMPING HOLDERS TO CARRY INTACT BIKES UPRIGHT. CURRENTLY FITS SUBARU (or similar) WITH RAIN GUTTERS, BUT CAN BE MODIFIED FOR OTHER VEHICLES. SELL PART OR WHOLE. George Seiterfield (250) 478-8695 (Victoria)

FOR SALE: "SOFTTRIDE" SUSPENSION ROAD FRAME 700C NOMINAL SIZE 52CM WILL FIT 67CM-78CM SADDLE HEIGHT (eg your setting from the centre of crank axle to top of saddle). FRAME IS 7005 ALUMINUM and comes complete with D.B. CroMo FORK, HEADSET, SADDLE, AND CARBONFIBRE SUSPENSION BEAM. Used one season. Few scratches in paint, otherwise in LIKE NEW condition. A comfortable ride. \$400. Call TOM 250-245-7460.

The Commuter Cycling Map of Metro Vancouver features
•Recommended Cycling Routes •Bicycle locker locations
•Parks •Park and rides •Traffic volumes •Bridge crossings
•Major hills

Distributors of Metro Vancouver Cycling Maps @ \$2.95 + tax:

The Drive Cycle	888 Commercial Dr. Van	251-7973
Bicycle Sports Pacific	999 Pacific, Van	682-4537
Cambie Cycle	3317 Cambie, Van	874-3616
High Gear Bicycles	532 W. Broadway, Van	879-9039
Dunbar Cycles	4219 Dunbar, Van	224-2116
Carlton Rec Equip.	3201 Kingsway, Van	438-6371
Wanderlust	1929 West 4th, Van	739-2182
Bayshore Bicycles	745 Denman, Van	688-2453
Sports Junkies	600 West 6th, Van	879-0666
Urban Cycle	3578 East Hastings, Van	294-2453
Mountain Eqp. Co-op	2655 West 3rd, Van	732-1989
Newton Rocky Cycle	7143 King Geo.Hwy. Surrey	591-5333
White Rock Cycle	1465 Johnston, White Rock	531-8111
Edmonds Cycle	7538 Edmonds, Burnaby	522-3124
Tourism Richmond	7888 Alderbridge Way, Rmd.	271-8280

TOUR REPORTS

Baja Tour Interim Report from Guerrero Negro

Judy Jackson

*By fax from Malaprimo Eco Tours, dated 10/21/1997 13:16
Fax: 115-70100 Tel 115-70100 Comment: Please Call)*

We have enjoyed: the friendliness and helpfulness of the gentle Mexican people. We have not yet encountered one bandido.

4 motorcycle policemen greeted 21 cyclists in Tijuana and asked Vern who was in the lead, where he was going (Rusarito), where from (Vancouver)... had we cycled all the

way? Vern's reply, "Yes." Would we like an escort through town? "Yes."

They led us through a red light, intersections, etc., and when finished turned back and gave us a big wave.

At about the same time Barton was stopped for speeding by a not-so-friendly policeman, but he managed to pay the officer rather than appear at the police station and pay more.

- beautiful ocean vistas
- incredible varieties of cacti and boulders throughout the expansive desert area
- stupendously beautiful star-studded moonlit nights at some of the campsites with no interference from man-made lights
- beautiful daily sunrises and sunsets
- people's senses of humour that persist even after a hard day's ride
- the daily happy hours
- excellent roads at first.

We have survived: 752.28 km of cycling

- scorching heat; Vern's quote: "this is the first CCCTS tour I've been on where I wished it would rain."
- long hills
- washboard roads
- several flats, Andre Kaufmann has the most... more than 12 at last count. His Surrey bikeshop will hear about forgetting to put in a liner
- narrow roads with no shoulders

Mexican drivers are very good and considerate. Barbara Forsythe was hit by a truck driven by California ladies who said we are crazy to be doing this. Their only alternative was to hit the oncoming truck or the cyclist. They overlooked stopping. It was not a serious hit.

- flies... everywhere. Particularly pesky on some of the long hills where they hover and enter the ears. Bill Hook's remedy was to stuff the ears with toilet paper.

- the Mexican food. Several have had Montezuma's revenge... some more severe than others, with various dosages of various remedies ingested to stop it. We are most appreciative of our home-cooked fare... better for cycling is the consensus.

- garbage & broken glass and plastic; plastic lines the fields and fences and may be blown into one's spokes

- the last 3 days of over 100 km cycling. 2 bikes have broken derailleurs. A few decided to ride the truck after 75 km due to fatigue from hills and heat.

- sleeping arrangements in motels.

Sherran is doing a commendable job as novice wagonmaster with all that entails... a difficult enough feat in our own country let alone contending with a foreign culture and language.

We are indeed learning about the Baja at first hand.

The people are poor but meeting them has enriched our lives. Hopefully we will have left something favourable for them. They respond so enthusiastically when we try to converse in their language.

One chap asked me as I was nearly on the end of the group cycling by him, "Why so much cyclists?" I was gone before I could think of the many reasons we were all there to savour his country and culture.

New York State/Niagara/Toronto/Perth/Ottawa

conclusion Ontario recce tour - Beti Darvell-Jones.

... Garfield's fridge was nearly empty. We had Bill's tom sauce, my garlic, herbs, cheese, yoghurt, juice, and spaghetti.

Where's the spaghetti, Garfield? He's forgotten to pack it. Well we can't have yoghurt with tom sauce on top can we? Sprinkled with parmesan? So I went and knocked on Mr. Kimball's door and his Mum gave me a good handful of spaghetti. I promised to send her a Renoir postcard. I came into my own when we put \$20 each, every two to three days into a kitty. This paid for drinks, food, breakfast on the road (\$2.99 before 11 am) and worked very well; because I was in charge and became Miss Kitty they couldn't lose me as I had the dough, and I had to keep up with them 'cos they had the maps!

The rolling hills of New York state were accommodating, the weather was grand entering Fall season. Warm enough for cycling and cool enough to keep up a good pace fully loaded, 17 to 21 to 25k accordingly. Although we did 100 km per day and 3 x 120 km days, on the tour offer it will probably be less. The bike lanes were wide, the traffic considerate, the bike paths very scenic. Covering the Gananoque Parkway, Niagara Lake area, bridges, ferries, some towns and cities, the tour was warm friendly, camarade (sic), with people we met and shared our humour with wanting to see us next year. The food we cooked was sumptuous, freshly bought every day, lots of fruit, tomatoes, corn from markets, fresh salmon, corned beef hash, pub food.

Then came the Queenston Bridge back to Canada. It was tucked away, north, south, southeast, and west. Ahhh, found it. We peddled through passing the first customs. Bill kept looking 'round to see if anyone would be on our tail. But they were there waiting for us at the other end. The customs officer was another cyclist. He was so happy to talk shop with us that he waved us through after a 20 min. chat. No papers, no identification asked for. Cor! I could have put all sorts of things in my tights! Then we got to St. Catherine's and the lady at the ferry office had a B&B just around the corner. Her husband took all our luggage down at 6 am. We arrived in Toronto on the quayside, Yonge St. to be met by Bill Augusteijn. Coffee, reunion, X Canada photos (a credit to all) and an hour later we found #2 and quite surprisingly, no sweat, we were through T. in 3-1/2 hours. We had by now cycled the Wine Trail, the Water Trail, the Apple Trail. Camped another night on a farmer's lawn entertained with homemade pie and coffee. More "meanings of life" and we were on our way home on #10, Westport to Perth. The last laugh was on me. Reaching Perth after that gruesome hill and hills from Westport we scuttled into the nearest restaurant for our eggs, bacon, sausage, ham and hashbrowns, when I found my bum bag missing. I'd left it at the last pitstop 10 miles back! We finished breakfast, off loaded everything into the local town hall where a policewoman kept an eye. Bill was going to sit on the bags 'til we came back but, determined not to be left out, was able to come with us. Garfield clocked the odometer in at 10 miles. How do you remember where you last stopped on the side of the road in the middle of the countryside? Trees, grass, bush, fences all look alike. Garfield said "There are poplar trees, six of them." Wow! Then I saw the blue J-cloth. I remembered another landmark, and there in the ditch was my bum bag, completely hidden from public view. All my credit cards, identification, you know, the lot and the kitty! Who would have found it, who would have remembered the place? We did a jig in the middle of the road, cycled all the way back and had a Guinness on the strength of it. 1210 kms, 11 days. Of course we all took turns leading, I didn't cook!

"Seniors' cycle tour pedals through Peace region.

Cross Canada Cycle Tour Society spent three weeks touring the Peace Country.

Carolyn Laluk For the Alaska Highway News

Hudson's Hope Inspiring."

That's the way the article begins. Carolyn Laluk describes the tour and features quotes from our fearless Ian's (Cassie and Polley), driver Inge Polley, Jean Smith, Rolf Petersen, and our own Ted Stubbs.

A full rundown of the society's activities, members' accomplishments, and address rounds out this article from the Wednesday, October 1, 1997 edition which I found posted at the office. Congratulations.

OTHER REPORTS

Nominations for 1998 Directors:

Art Borron: Saanichton; member since 1990; director and secretary '92, '93; 11 tours.

David Clark: Vancouver; member since 1996; 2 tours.

Bob Douglas: Burnaby; member since 1982; director since '83; treasurer '83-'96; 14 tours, leader of several.

Mary Eickhoff: Surrey; member since 1993; director and secretary since '95; 5 tours.

Horst Hees: Victoria; member since 1992; director since '95; 5 tours.

Barton Howes: Merritt; member since 1992; director since '94; equipment manager '96-'97; 10 tours, leader of several.

Catherine Lynch: Surrey; member since 1994; 4 tours.

Robert Miller: Vancouver; member since 1993; 5 tours.

Dennis Parsons: Victoria member since 1986; director '88-'90, '92, '93, '95, '97; president '92; 27 tours, leader of many.

John Peck: White Rock; member since 1986; director since '89, President '93; 29 tours, leader of many.

Rolf Petersen: Victoria; member since 1993; 6 tours.

Ron Pickerill: Vancouver; member since 1995; director since '96; treasurer '97; 5 tours.

Carl Rorison: Langley; member since 1995; director '97; 6 tours.

George Setterfield: Victoria; member since 1992; 3 tours.

Barbara Hetzer: Victoria; member since 1991; 6 tours.

Ted Stubbs: Vancouver; member since 1986; director since '90; President '96, '97; 17 tours, leader of many.

Membership - Welcome to new CCCTS members:

Heaney, Nancy

RR2 Box 102, Garry Oaks, Nanoose Bay, B.C. V0R 2R0.

Kilborn, Lavina &

John Van Beek

5716 Heather Place, Nanaimo, B.C. V9T 5N7.

250-751-1451

Mercier, Michel

343-16 Jardins Merici, Québec G1S 4V9.

418-527-4908

Mortimer, George &

Catherine Crandall

3200 W Champagne Drive, Tucson, AZ, USA 85745.

520-624-8680

Brendon, L. Dennis

1-15140-20 Ave., Surrey, B.C. V4A 8S1.

604-536-9135

deWit, Rein

2736 Dooley Rd., Victoria, B.C. V8Y 1R7.

250-652-7985

Membership as at Nov 5: 397

The Ladner Riders' Monthly Dinner. Eva Folk

On the second Tuesday of October we had our usual birthdays dinner at Rickey's in Ladner. What was unusual about this dinner was that Shirley Fisher was sitting at the head of the table. Shirley and her friend, Dorothy Kennedy, have been All Hollinger's lieutenants in arranging these birthday dinners for many years. We also honored Sam Bigelow and Mary Eickhoff. October is Larry Keet's month as well but, as he could not come, Theresia took a large piece of birthday cake home for him. Dorothy Kennedy arranged for, and brought the cake, even though she had been in a cycling accident. She had her right arm in a sling and was having a hard time eating her dinner with only her left hand to cope.

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1997 TOURS

Baja

Oct 10-Nov 12; Barton Howes 250-378-0927

Underway San Diego to La Paz.

Participants: (23) Barton Howes, Faye Wilson, Leila Montgomery, Andre Kaufmann, Augusta Lee, Robert Curr, Vernon Patterson, Jack Sheppard, Diane & Russ Horsnell, Eila Taylor, Barbara Faulkner, Bill Hook, Margaret Hunter, Judy Jackson, John Hickman, Ron Eade, Jean Horrocks, Dan Baris, Paul Westmattelman, Pablo Bleiker, Andre Milaire, Barbara Forseyth. (see story under Tour Reports)

Arizona

Nov 14-29; Mary Whyte 604-946-6266 & Sally Svensson 604-987-3449; underway.

Participants (20): Mary Whyte, Sally Svensson, John Peck, Barbara Hetzer, Shirley Fisher, Carl Rorison, Margaret Fyfe, Cathy McPherson, Ness McCulley, Theresa Green, Glen & Jean Smith, Edwin Hardy, John Hiza, Joyce Bowen, Muriel Duerbeck, Roy Barrows, Anna Markus, Ted & Jantien Golsteyn.

1998 TOURS

Cuba

Jan 23-Feb 13; Bruce Ross 250-656-5591

Max participants 26; Cost finalized at \$2,125 which must be received at the CCCTS office, less \$200 deposit, by Dec 1/97. Payment includes airfare and hotels only.

Air schedule: lv VAN 2315 (hrs.) Sat Jan 24, arr TOR 0600 Jan 25; lv TOR 1500 Jan 25, arr Havana 2045 Jan 25. Return: lv HAV 0800 Sun Feb 15, arr TOR 1330; lv TOR 1800, arr VAN 2000 Feb 15.

See Oct Newsbrief for route.

Name on air tickets must be identical to name on your passport; therefore, check your name on the membership list to be sure its exactly the same as on your passport; otherwise please send correction with final payment. Final joining instructions will be mailed out in mid January.

Participants (26): Bruce Ross, Barbara Faulkner, William Hook, Sylvia Mather, Fritz Niebisch, Bud Masse, Jean Horrocks, Barbara Hetzer, Sim Wee, Myrna Korstrom, Peter Cordoni, Dan McGuire, June Gallagher, Jim Erickson, Suzanne Gagnon, Josie Zewiec, George Stenning, Dan & Jerry Baris, William Armstrong, Marion Orser, Harry Tingley, Jack Sheppard, Norma Sinclair, Irving Weiss, Marion Orser.

Waitlisted (11): Harry Tingley, Rein deWit, Romeo Quinter, Katryn Jeronimus, Margaret Johnson, Doug White, Brian Badger, R. Douglas, Doc Watson, Wendy Pearson, Raynel Merness.

South Africa

Mar 02-Apr 17; John Peck 604-538-0195

This tour has had many cancellations, and communications with Cape Town have been difficult. **We have decided to postpone the tour** until some time in our Fall, when the spring flowers will be at their best at the Cape. Current participants will be refunded, unless they request to remain on the list.

Participants (10): Josie Zewiec, Jack Sheppard, Sylvia Mather, Leila Montgomery, Joan Enman, Gerhard Hirsch, Sheila Anne Trouton, Penny Hoban, Peter Den Boer, Jo Anne Hamilton.

Washington/Idaho Hub & Spoke Tour

May; Leila Montgomery 250-352-2154

Two weeks, 20 to 25 participants;

Location - Suntime R.V. Park, Post Falls, Idaho.

Cycle 60-80 km./day on paved backroads to Spokane, Coeur D'Alene, and several other routes along the river and lakes in that area. The cooking tent will be set up for community meals. Costs for R.V.'s and tenting will be provided as soon as possible.

Participants (25): Leila Montgomery, Martine Donahue, Anna Markus, Eleanor Bannister, Bruce Ross, Wendy Pearson, Dan & Jerry Baris, John & Zel Harvie, Stan & Daphne Pollard, Margaret Fyfe, Roy Barrows, Josie Zewiec, Brian & Myrna Pollard, Catherine Mick, Joan Enman, Art & Brenda Borron, Jim & Shirley Mae Jeffrey, Ivan & Margot Paravan.

Waitlisted (26): Sharon Lindsay, Carl Rorison, Ron & Janice Pickerill, Bob Miller, Fritz Niebisch, Bill & Audrey Hannan, Ann Miller, Dan Kennedy, Bob Douglas, Ernie Schmidt, Helli Pedersen, Wayne Waardenburg, Joan Engman,

Chris Siggers, Jean & Glen Smith, David & Truus Clark, Jantien & Ted Golsteyn, Roy & Helen Goodchild, Tamas & Wendy Sandor.

The Alaska Highway

Jun 3-Jul 2; Chuck & Lynn Dick 604-261-5092

Camping with support vehicle. Max participants 24. The cycling portion of this trip will originate in Fairbanks, Alaska and terminate in Dawson Creek, BC. Information regarding travel to Fairbanks from Vancouver and return from Dawson Creek is also included. Some participants may wish to join the tour in Fairbanks from other destinations. Bicycles will be loaded on the truck at the office May 26.

If participants have not arranged alternate transportation to Fairbanks, transport will be via shuttle bus to SeaTac and Alaska Airlines to Fairbanks. Return to Vancouver by bus to Prince George from Dawson Creek and train to Vancouver.

Tour price cannot be definite yet because prices for campgrounds, etc., may change by Spring '98; however at this time approximate costs are:

	(\$)
Bicycle portion (truck, food, camping)	1374
Airfare to Fairbanks	415
Bus - Dawson Creek to Prince George	44
Train - Prince George to Vancouver	167
	<u>2000</u>

Train fare includes breakfast, lunch and dinner. We'd camp in Prince George the night before.

Tour: Fairbanks; Harding Lake 70k; Delta State Rec. Site 89k; Dot Lake 96k; Tok 77k; Northway 80k; Beaver Creek 101k; Pine Valley 88k; Destruction Bay 99k; Haines Junction 107k; Otter Falls 34k; Whitehorse 128k; Johnson's Crossing 120k; Morley Bay 90k; Rancheria 105 k; Watson Lake 119 k; Iron Creek Lodge 59k; Coal River Lodge Camp 99 k; Liard Hot Springs 59k; Poplars Camp 112k; Testa River Services 80k; Fort Nelson 119 k; Prophet River 89k; Sikanni River 109k; 102 Husky 91k; Ft. St. John 74k; Dawson Creek 34k.

If you like fishing don't forget your rod. Roadside lakes are stocked and there are quite a number of low mileage days. Plenty of time for fishing and enjoying the terrific scenery!

We'd like a sagwagon driver or someone who would share with Chuck. Please call Chuck if interested.

Participants (24): Chuck & Lynn Dick, AndréMilaire, Bill Augusteijn, Bobbie Redmond, Sharon Lindsay, Ilona & Peter Dobos, Marion Orser, Joan Engman, Sonja Joos, Lise & Danielle Brooks, Carl Rorison, Roger LaFontaine, Ann Miller, Mel & Bette Kerr, Sally & Rolf Petersen, Joan Enman, Bill & Audrey Hannan, Catherine Crandall
Waiting (1): George Mortimer.

The Bard & the Bike

Aug 23-Sep 2; Janice & Ron Pickerill 604-734-4881.

A two fixed centre tour starting in Champoeg State Park which is in the Willamette Valley 27 miles south of Portland. There will be four days of rides in the beautiful farmland 65 to 85 km length. Then we will rest by driving to Ashland and riding smaller rides on theatre days and at least one or two longer rides for another four days. We will reserve tickets for one afternoon performance and one evening show. It is possible to buy last minute tickets for a few people if more are desired. Max (25).

We will ask for a non-refundable deposit to cover reservations at accommodations, tickets to 2 plays and any other unavoidable administrivia. (continued p. 6)

Costs: Non-refundable deposit of \$40 by Feb 1/98; balance of \$300 by Jul 15/98.

Accommodation:

- Champoege - tenting, RV hookups or yurts;
- Ashland - hostel, tenting, RV hookups + 2 plays.

Please refer to October Newsbrief for accommodation detail.

Note: Please specify accommodation required with your deposit. We anticipate having group meals at Champoege but everyone on their own for meals at Ashland (lots of cafes and restaurants). Please note, Janice and Ron will be away Oct 22-Dec 11. A detailed itinerary will be posted at the AGM.

Participants: (20) Janice & Ron Pickerill, David & Truus Clark, John Hickman, Margaret Hunter, Jean Horrocks, Dan McGuire, June Gallagher, Peter Jones, Martine Donahue, Dan & Jerry Baris, Irene Hlousek, Mathilde Klassen, Theresa Keet, Bob Miller, Leo Comeau, Bill & Audrey Hannan.

Calgary Hub & Spoke Tour

Sep 10-17; John & Zel Harvie 403-228-4934

Fax same as phone; Email: jharvie@ibm.net

Welcome to the world renowned hospitality of Calgary!

The Hub and Spoke Tour envisions three or four days on cyclepaths; about the same outside Calgary when the prairie and rolling foothill country is at its scenic best; and a day in the mountains, likely dusted with fresh snow higher up, and orange, larch and poplar sparkling against the blue/green forests, rivers, and lakes.

No end of attractions: Glenbow Museum and Art Galleries; Devonian Gardens; Olympic Venues, upscale shopping and dining; world class Zoo; to name but a few.

Participants will be supplied with Calgary city map, Calgary city bike map, road and topographic map for out of city tours, and various tourist and ride information sheets.

Please refer to October Newsbrief for accommodation detail.

Participants will have to make their own reservations which should be done months in advance. Group rates not available. There are nearby restaurants.

A \$15 fee is required to cover maps, phone calls, etc.

Participants (25): Anna Markus, Barbara Hetzer, Sonja Joos, Bruce Ross, Tamas & Wendy Sandor, Dan & Jerry Baris, Catherine Mick, Eva Folk, Theresa Keet, John Peck, Carl Rorison, Ron & Janice Pickerill, Alyce McKay, Dan Kennedy, Sally & Rolf Petersen, Wayne Waardenburg.

Waiting (6): Bruce McLean Roy & Helen Goodchild, David & Virginia Brown, Ray Bremner.

FROM THE NET (courtesy of John Peck):

From: "Karen Sawatzky" <karkarma@lynx.bc.ca>

To: "Vancouver Bicycle Club" <oshika@interchg.ubc.ca>
"Richmond Bicycle Club" <callan_owen@mindlink.bc.ca>
"Greater Victoria Cycling Coalition" <GVCC@wordworks.bc.ca>
"Cross Canada Cycle Tour Society" <cccts@vcn.bc.ca>
"Bicycle Pole Players" <tsetse@helix.net>

Subject: A new cycling website

Date: Tue, 4 Nov 1997 16:12:07 -0800

X-MSMail-Priority: Normal

X-Priority: 3

MIME-Version: 1.0

Greetings cycling enthusiast/webmaster,

I am contacting you on behalf of the Sanctuary Foundation Bikeways Project to request that you contribute to our project by placing a link to <http://www.sanctuary.bc.ca/bikeways> on your site. If you don't maintain your own website at this point, perhaps you could list this address in your newsletter and/or tell your cycling friends about it.

The Bikeways project is partially funded by the B.C. Ministry of the Environment and Lower Mainland small businesses. The purpose of the project is to promote cycling as a recreation and transportation option for residents and visitors alike. Soon the Vancouver/BC version of the site will be complete and The Sanctuary Foundation will be seeking other partners with whom to develop more Bikeways Systems across North America.

The Bikeways sites include cycling news, resources, groups and profiles of local cycling advocates, achievers and activists. One particularly useful aspect of the site are links to Lower Mainland street maps with features like marked bike routes and inclines. The site user can choose between two kinds of maps with different degrees of detail and see the potential problems and/or benefits of any given route.

I hope that you will visit this site very soon, (it is still under construction), and let us know your opinions. If you think the site is a useful resource we would appreciate you making a link to it on your own site. It would be great if you could send us a confirmation e-mail to let us know when the link to Bikeways is functional. We appreciate your own efforts to promote cycling in B.C.

All the best, Karen Sawatzky

VANCOUVER & Vicinity WEEKLY RIDES

Sundays:

- **Vancouver-** 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:

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

Wednesdays:

- **West Vancouver-** Meet at 9:20 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week. 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 881-1179 or Carl Dukeshire (Duke) 658-2696.
- **Wednesdays-** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

Nanose/Parksville

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

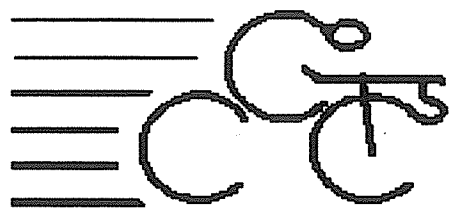
OTTAWA WEEKLY RIDES

- **Thursdays-** For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502

CALGARY WEEKLY RIDES

with the "Elbow Valley Easy Riders"

Their rides are on Tuesdays and Thursdays Apr 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details. 403-288-7910



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 14 No. 12

December 1997

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.
http://www.vcn.bc.ca/cccts/

Telephone: 604-433-7710, Fax: 604-433-7710
E-mail: cccts@vcn.bc.ca

'Tis the Newsbrief
before Christmas
and to all the Club
we're sending
best wishes
from our hearts
at the hub.



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

Membership fees: single \$25; couple \$35.
The month your dues expire is shown on the address label.

1997/98 Directors:

President	Dennis Parsons	250-881-1170
Vice-President/Tours	Ted Stubbs	604-221-2784
Treasurer	Ron Pickerill	604-734-4881
	Bob Douglas	604-435-3893
Secretary	Catherine Lynch	604-543-0956
Equipment	Barton Howes	250-378-0927
Membership	John Peck	604-538-0195
Newsbrief	Mary Eickhoff	604-535-2513
Office Manager	Glen Smith	604-521-1007
Social Convenor	Carl Rorison	604-530-6264
The Island	Horst Hees	250-389-1152
Seniors' Games Rep.	Barbara Hetzer	250-995-8430
Others	Jim Jeffrey	604-943-0924
	Bob Miller	604-263-3905
	Rolf Petersen	250-384-6804

Club Contacts:

Ottawa Contact	Garfield Clack	613-729-9384
Calgary Contact	Zel Harvie	403-228-4934
Club Jerseys	Andre Kaufmann	604-581-3923

PRESIDENT'S CORNER

It's all over folks. No more trips this year, so enjoy a Merry Christmas. As for the New Year, you have a renewed executive. Check the list this page, and you'll see that Ted has been replaced after serving the maximum term as allowed in our bylaws, but he hasn't left yet. He has taken on a meaningful job as Vice and Tours Consultant (sic).

Six others have left having each contributed something. Marion Orser in polishing the constitution, scripting job descriptions and coordinating tours.

We say thank you to Rowan Ley for the work he put into editing the Newsbrief. We won't easily get him back. He has bolted to Courtenay on Vancouver Island.

Martine gave us a highly successful Dinner Dance and catered to the hordes at the AGM.

Joan Enman worked at two jobs; as office manager and as co-equipment manager and hasn't relinquished her grip as yet.

I have nice things to say about the members staying on but they might just start to relax their efforts and we wouldn't want that, would we?

Though not directly affecting our course of action (even I don't know what that means) Sally Petersen handled the Vancouver Island picnic and made Rolf's Denmark tour.

And Bruce Ross is giving you the Cuba tour.

Thanks to all the above for pushing the Society this far. We will keep up the momentum with the help of the newcomers, including Cathy Lynch. N.B. All of them are too young to get free rides on the ferries.

We need help in the office. Could you please volunteer for just a few hours per week or month. The work is not overly complicated. If you feel you can, please contact Joan Enman, 689-3678, who will be happy to go over the routine with you. Joan has generously consented to 'hold the fort' for new office manager, Glen Smith, who is away until Jan 7/98.

Next month's Newsbrief will feature some more tours for '98 including a proposed tour around a large lake in Ontario in September. Look for it and some changes in signing up.

Happy New Year!

COMING EVENTS



JANUARY

B.E.A.R. Thu Jan 1 don't miss it - Details back page.

Directors' meeting Thu Jan 8, 1998

CUBA tour Jan 23-Feb 13

COMMUNIQUE'S WITH WHEEL PEOPLE

From a New Tour Leader Mary Whyte.

Having coordinated my first cycling tour with the very able assistance of my good friend Sally Svensson, I now know first hand just how much work is involved.

The reason for this letter is to salute and thank all of the hard working leaders who, time and time again, plan and execute tours to a variety of exciting places. For those of you who may be thinking of following in their footsteps but are somehow put off by all that is involved, may I suggest that having a partner to share not only the organizational load but also to have somebody to bounce ideas off is a great help. The payoff is the positive feedback one gets at the end of a successful tour plus the satisfaction of having accepted the challenge and followed it through to completion.

In conclusion I would like to say a very special "Thank You" to John Peck. His help as our treasurer on the Arizona trip was invaluable. I am totally in awe of his computer skills plus his accounting skills are also a force to be reckoned with.

Cycling Safety Claws Eva Folk.

A cyclist was pedalling along at a good pace when he noticed ahead, a cat meandering across the quiet road. Perhaps the cat was hard of hearing, or he had other things on his mind but, he did not notice the cyclist until he was almost upon him. At which the cat leaped in fright, high in the air and landed on the cyclist. He clung tightly to the cyclist's head with his claws. The cyclist was greatly startled and in trying to dislodge or shake off the cat, lost his balance and took a bad spill. When the cyclist fell, the cat let go and ran off into the bushes. He left behind a badly shaken cyclist with roadburn and a well clawed head.

I don't know how frequently an accident like this occurs, but to me it seems an excellent reason to always wear a helmet. Also a dingy bell would have been useful in this situation.

HoHoHo

'Bats', and Memoirs Dennis Parsons.

I was surprised that I had done so many Club-sponsored trips, and John Peck even more, but I know of three who have travelled more extensively than either one of us - Eila, Judy, and Audrey have done a lot of touring on their own *bat*.

Did you hear of the *vampire* that came home to the cave with his head all covered in blood. All the other bats wanted to know "Where? Where?"

Giving in, he flew out of the cave with the others following, twittering with excitement. Down the river valley, through the forest 'til into a glade where he stopped and pointed.

"See that big tree ahead?"

"Yes! Yes!", they shrieked.

"Well, I didn't." he said.

With all these trips I have taken... with all the people I have met and enjoyed while cycling, or visiting in the campsites, belonging to the CCCTS has provided me with more pleasure than a normal person should expect at retirement.

Feel lucky you can ride a bicycle. However, with all these trips to be proud of, I thought there might be some interest in the things we've noticed on our tours.

Banff and Jasper and the wonderful scenery in between belongs to Alberta. A lot of people don't know this and for good reason. B.C. is known to be mountainous and that other province is a land of prairies, gophers, grows wheat and canola and floats on oil.

B.C. is mountainous. The Rockies are in character with the rest of the province. I think we should push our border east to include that part. It would save me biting my tongue whenever anybody asks where to find the best ride in B.C.

And La Belle Québec which has the look of a freshly washed freckled face of a widely grinning little boy. I love the good food.

To South Africa with the ablution blocks that had not only toilets and showers but seven foot long bathtubs. Brian Curtis loved the luxury so much we had to haul him out with grapples.

Denmark, with all the flowers releasing their fragrances but all we could smell was the pig manure that was spread over hill and dale. Like Holland, Denmark has its old windmills also. They sit by the waterways immobile with their backs to the wind, looking back to the past while the new breed, sitting high on slender pylons, slash the wind with their narrow blades. There are no rocks in most parts of Denmark. I discovered that when I needed one to crack some crab claws I had bought. Rocks, no doubt only as large as a wagon could carry, have been imported to lie proudly in many of the village squares. One with its surface glistening looked like a giant haggis. I'm sure it did not come from Scotland. Rocks too, were found to pave the streets, roads, and sidewalks as in the rest of Europe. Millions of these cobblestones were chiselled into sandwich bread shapes by prisoners over hundreds of years. Unwitting monuments.

In Haarlem, Holland, I came on a statue outside a park. It was of an ordinary person in ordinary clothes and stood at street level. Perhaps there was a little ceremony when it was unveiled, to remind the living of those civilians who lost their lives to, among other things, bombs that fell out of Allied planes.

The continent of Australia is peppered with plinths honouring their Glorious Dead from the first war. In places where habitation has disappeared can be found a lovely column with two or three names. In Ballarat I came on a statue of a horse. The epitaph mourned the loss of nearly one million horses in the first Great one. Thousands of live horses were left in Europe but the ones that died were lauded for their great bravery.

To come back to mountains...

Rolf's tour had us cycle over one called Heaven Mountain which should tell you something of its grandeur. I estimated it to be all of 8107 inches high.

Cycling has taken me to so many rivers too - the Skeena, Peace, St. Lawrence, Buller, Zambezi. I well remember John Philip's trip to Santa Barbara and the number of bridges we had to cross.

And, hey! I have a trip for you up the Fraser Canyon in September. Leave a space on your calendar.

HoHoHoHoHo

Visitors X-Rated Marion Orser.

It is always a pleasure to have CCCTS visitors from other areas. Such was the case for the November Tuesday birthday ride and dinner.

Our esteemed writer, Beti Darvell-Jones, joined us on a beautiful sunny day. What a joy to ride with you, Betty!

About 30 persons then joined André Kaufmann, Dorothy Kennedy, Eva Folk, Max Bissegger, and Leo Comeau to celebrate November birthdays.

Betty's joke (if you dare): A couple enjoyed a "good time" in bed. Afterwards he sat up beside her and said "Do you smoke after sex?" She said "I don't know, I've never looked."

HoHoHo!

Speaking of B. D.-J. Editor

Thanks for coming to the office with Marion to help us mail the November Newsbrief, but you promised to send us an exposé, so I have to ask you, Beti, W-h-e-r-e's the Beef?

oH Ho oH Ho oH Ho

From the Net (courtesy of John Peck):

>Date: Tue, 11 Nov 1997 15:00:16 +1100

>From: Sydney on the Run <sydrun@geko.net.au>

>Organization: Sydney on the Run

>webpage is at <http://www.ozemail.com.au/~bicycle/bigride.html>

Editor, The Newsbrief

ABOUT THE AUSTRALIAN BIG RIDE

The Australian RTA Big Ride is Australia's premier recreational cycling tour. It has full luggage support leaving you free to cycle at your own pace and explore the towns and countryside along the way. In aid of MS, each year the Big Ride attracts about 1,500 cyclists from around the world. Daily distances are about 80km (50 mi). An international package is available to make it easy for overseas cyclists to attend. It includes airport meeting on arrival, all transfers including to Ride start/finish, 2 nights hotel (1 before Ride, 1 after) with optional extensions, free luggage storage before, during and after the Ride, all mechanical support, hot showers, etc., free daily entertainment, Don't like camping? Ask about a motel option. Thurs Apr 23 ar Melbourne; Sat Apr 25 Start of the Big Ride from Barham, NSW (transfer Melbourne- Barham by coach 5 hrs); Sun May 3 End of Big Ride at Albury; transfer back to Melbourne by coach 4 hrs.

(The full package c/w press releases, itinerary, posted at office. Ed.)

NOTICES

(notices will be published twice only unless otherwise requested)

FOUND: IF YOU'RE MISSING A SLEEPING BAG (hint - possibly since the Northern Gulf Islands Tour 1) GIVE BEN KIHLMAN A CALL. HE MAY BE STORING IT FOR YOU. 687-4925.

FOR SALE: THULE ROOF RACK WITH THREE SEPARATE CLAMPING HOLDERS TO CARRY INTACT BIKES UPRIGHT. CURRENTLY FITS SUBARU (or similar) WITH RAIN GUTTERS, BUT CAN BE MODIFIED FOR OTHER VEHICLES. SELL PART OR WHOLE.

George Setterfield (250) 478-8695 (Victoria)

FOR SALE: "SOFTTRIDE" Suspension Road Frame 700C Nominal size 52cm will fit 67cm-78cm saddle height (eg your setting from the centre of crank axle to top of saddle).FRAME IS 700S ALUMINUM and comes complete with D.B. CroMo FORK, HEADSET, SADDLE, AND CARBONFIBRE SUSPENSION BEAM. Used 1 season. Few scratches in paint, otherwise in LIKE NEW condition. A comfortable ride. \$400. Call TOM 250-245-7460.

TOUR REPORTS

Arizona Tour 1997 Cathy McPherson

Once more our annual trek to ride the sunny, flat roads and taste the warm hospitality of Arizona has been completed. The woven fabric of our memories now contain many new sights of dazzling desert sunrises and sunsets and many happy, shared experiences. For me the highlights were:

- Arriving in Phoenix and discovering that my bicycle has arrived undamaged - why does this always surprise me?
- Meeting e-mail friends in the flesh - so to speak.
- Wine tasting tour at Dark Mountain Brewery in Benson.
- The marshall in Tombstone that wanted to know who stole the bottom half of my pants.
- The gunfight at OK Corral and Boothill.
- The copper mine tour at Bisbee.
- A most informative visit to the Arizona Cactus Research Unit where we tasted Prickly Pear Cactus and Cactus Wine.
- The Saguaro National Park and DeGrazia Gallery in Tucson.
- Seeing our planet from a different perspective at Biosphere2.
- A trip to prehistoric times at the Casa Grande Ruins in Coolidge.
- Many miles of wonderful flat roads with lots of sunshine.
- The happy, smiling face that greeted me on my arrival in Victoria.

The early morning rides were brisk, requiring extra clothing that was soon discarded once the sun warmed things up.

Once more, the cactus took its toll on tubes, with 13 flats - Roy Barrows won first place with 5.

There was one unfortunate accident - we hope you are feeling much better Muriel - and we are looking forward to riding with you again before too long.

All in all, it was a great tour - even though I never did find out just what Barbara was doing in John's closet.

The Goldsteyn's set a new high standard for coffee/ lunch breaks. Thanks Jantien and Ted.

Thanks too to Mary and Sally for all the hard work which made this wonderful tour possible. I hope someone will come forward to keep the Arizona tour going. It is a great one for new members and experienced members alike, but it is especially good for a first tour to get new members started.

HoHoHoHoHo

Oceanside, California Leila Montgomery.

It is Saturday morning and I just returned from a 4-mile walk with my friends Chuck and Carol. We had walked along the beach and watched the surfers as they rode the waves which were at times 10 ft. high. It is a glorious morning, warm and sunny; I feel so fit and so very lucky to be with my friends and my thoughts returned to my experience at the end of a very successful bicycle tour of the Baja Peninsula...

A 24 Hr. BUS RIDE FROM LA PAZ TO TIJUANA.

The first obstacle was getting to the right bus terminal to purchase a ticket for the time and day you want to travel. After failing to communicate this to the sales lady at one terminal (she did not speak English and unfortunately I know no Spanish), I wandered into a tourist information centre and a very charming Mexican young man wrote in Spanish what my request was and told me where the right terminal was to purchase my ticket. This accomplished, when I arrived next

morning, instead of chaos my bags were checked and tagged with my ticket number and destination.

I boarded the bus and my seat along with my cyclist friend, seat numbers 3 & 4. The seats were not behind the driver but opposite. I had an unobstructed view of the road ahead. The bus was air-conditioned, the seats were very comfortable and reclined and had adequate room for the long legs of my friend. The small TV was right above our heads and the sound was so bad that one could not tell what language was being spoken. This small inconvenience faded into insignificance as we realized the skill of our bus driver. He was a middle-aged man who obviously was experienced and very good at his job. The other driver was younger but we would find out just as good a driver.

Feeling more relaxed we both settled in our seats. I got our tour itinerary and followed the route we bicycled. Of course no one else on the bus spoke any English so we were unable to share the fact that we had pedalled our bicycles on this road. It was wonderful and indeed invigorating to again enjoy the beautiful scenery, hills, vados, the excitement of my accomplishment, and share it with a friend who understood my enthusiasm.

The hours slipped by quickly and it was time for our first stop; by now a bathroom break was uppermost in my mind. I raced off the bus, found the banos only to discover that I needed a peso to give the attendant for the use of the bathroom and a piece of toilet paper. Not being able to speak Spanish I could not explain my plight to this lady. Along came my friend, handed me a peso, never said a word but I was sure thankful.

A lesson learned.

We continued on the road sharing stories about the tour and soon it was twilight time, then darkness. I fell asleep even with the noise of the TV when all of a sudden I realized the bus was slowing down. There was nothing ahead that suggested a scheduled stop. It was 1:30 a.m. The bus crossed the road and stopped in an open area. I sat there not knowing what was going on. Everyone left the bus and I was finally awake enough to get off the bus and find out what was happening. We had a flat tire in the middle of nowhere in the middle of the night. The scene outside was a party atmosphere, no one was the least bit upset by this misfortune; instead the men were gathered around helping to change the tire while enjoying a beer. My memory of this incident was the almost full moon, and the stars seemed close enough to touch. The Mexicans were so patient, relaxed, and not the least bit upset by this incident in the middle of the night, even though it meant a late arrival in Tijuana.

Another lesson learned.

The older driver got behind the wheel and we were travelling at a fast speed when in the headlights was a cow in the path of the bus. Thanks to the skill of our driver, he managed to keep control while slowing the bus and moving into the oncoming lane. Fortunately there was no traffic in sight. Now all the cow had to do was continue crossing the road, but NO, it stopped. Then came the awful thud. Needless to say, my eyes were closed. The next time we stopped I checked the right front end of the bus and there was not a scratch to be seen. I sure hope the animal did not suffer.

Apart from the scheduled stops, there were the spot checks by the military looking for drugs (I think I counted 5 or 6). It is indeed unnerving to open your eyes to a young military

person holding an automatic rifle right in front of you while his comrade searches the bus.

We arrived in Tijuana 24 hours later having made up the delay, tired but happy that we would soon be in San Diego where, as one of my cycling friends said, "we can drink water from the tap and flush the toilets."

notallHoHoHo

The Baja _____ Vernon Patterson.

If you like Police motorcycle escorts through Tijuana
Impromptu volleyball games with local villagers
Hundreds of miles of desert with no trees to block your view
Camping on working ranches, in Mexican road workers' camps, and on beaches on the Gulf of Cortes unspoiled by electricity, running water or washrooms

If you like to camp in villages with colourful names like El Cien (the hundred) so poor that it hardly qualifies as even third world and yet the villagers allow you to plug into their village diesel generator and bring in a tank of water to fill the overhead tank so you can have water in the village tap to fill the bucket to enjoy the luxury of a flush toilet in their local Pemex station and charge you nothing

If you like eating in restaurants with names like Jungle Jim's where all the surviving hippies from Haight Ashbury have gathered to spend their declining years and the menu is simply hamburgers or hamburgers

If you like being served wiener schnitzels by an Austrian host and his sons with the entertainment being supplied by Margaret Hunter offering gentle advice on how to improve his service

If you like to gamble that every meal you eat you are going to beat Montezuma seeking his revenge

If you like to push the Budget truck up hills

If you like clear blue skies every day

If you like drivers so friendly that even the semi-trailers slow down and follow you up a hill; however the U.S. and Canadian RV'ers still try to run you over

If you like going through dozens of phony Clint Eastwood-type towns and villages with dusty plazas, ancient churches, and friendly people and then at the end of the trip arrive at a genuine Mexican town with Planet Hollywood, Hardrock Cafe, Dairy Queen, Pizza Hut, 10 Americans to every Mexican and every Mexican trying to sell you something

If you like day after day in Paradise

Then the Baja is for you

However, if you get cranky without your silk hanky you'd best steer clear of the Baja grounds

With apologies to Rudyard Kipling

We biked and sweated and ate and drank as rations came to hand. For most 4 weeks or more around that desolate land.

There wasn't much we didn't share on the crazy Baja run
The same old camps, the same old heat, the same old sand and sun

Why Mulege, El Cien, La Paz, and Ciudad Constitución too

There just across the road

Goodbye, Good luck to you.

OTHER REPORTS

Annual Banquet Wed Dec 3 _____ Staff Reporter

If you weren't there you missed a great party. Too bad we couldn't have booked it 'Cross Canada'; not to leave out our

international members, but, you have to draw the line somewhere, EH?

This one was a winner, Martine! Good food, served HOT; swing, rock, waltz and polka music, a little of everything from a band called Route 66, kept us on our feet. Andre and Frieda showed us their Latin steps. Thanks to our dapper barman, Carl, we kept our wheels well oiled. A good time was had by eighty-two; but lots of room for more next year!

Annual General Meeting Thu Dec 4

President Ted Stubbs convened a meeting of 74 members - 10 more than last year. Reports were heard from directors who gratefully received approval from members present.

Bob Douglas reported on finances and we're still in the right colour zone;

John Peck projected graphs on membership to illustrate the geographical distribution:

B.C.	350	CO	8	N.S.	2
Alberta	30	Québec	5	Manitoba	1
Ontario	26	AZ	5	Nebraska	1
WA	16	New Zealand	2	Ohio	1
		Grand total	447		

and gender/age statistics as follows: 448 Members

male	female
248	200
55%	45%
average age	
67y6m	63y5m

New member, Jim Hendrickson from Bellingham, was introduced. Chuck Dick noted Jim's cycling experience and several publications. Jim is a photojournalist with a list of Bicycling Stories - 22 Fact, 11 Fiction (under the moniker RADAR Ranger). The publication list and Jim's 'North to Alaska!' story are posted at the office. 'North to Alaska' will be published in the Newsbrief in future instalments.

A very enterprising Thom Tuma provided a great new feature - draw prizes, courtesy of DUNBAR CYCLES at 4219 Dunbar, Vancouver. Many thanks to Phil DeGeller and his staff for their generosity in donating various bike accessories (mostly tubes) ++++ a folding bike, won by Ken Grieve, and promptly acquired with a worthy trade by Al Hollinger.

Membership - Welcome to new CCCTS members:

Broomfield, Peter 604-731-2256
2667 W. 2nd. Ave., Vancouver, B.C. V6K 1K1.

Coutu, Winona & Steeves, George 613-741-3215
2111- Montreal Road, Unit 152, Rochester, ON. K1J 8M8.

Hendrickson, Jim 360-676-0576
3978 Roma Court, Bellingham, WA, USA 98226.

Kaufman, Marcus
2325 Packe Street, Christchurch, New Zealand.

Truscott, Ross & Marilyn 403-249-7820
6919 Lamont Ct. SW, Calgary, AB T3E 6G6.

Wynn, Natalie
15 Bayswater Crescent, Christchurch, New Zealand.

Membership as at Dec 4: 447

Our Christmas Party, _____ Katryn Jeronimus

Thirty-seven eager cyclists turned up for our, by now, traditional Christmas party.

Maybe the fine weather had something to do with it or the food supplied by Al Hollinger... what a treat that was, or the sparkling Christmas lights Carl put on just before everybody arrived. I did not know that Dorothy Kennedy could bake a lasagna in my oven that well!

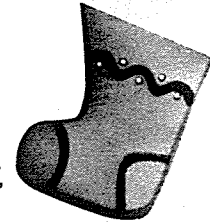
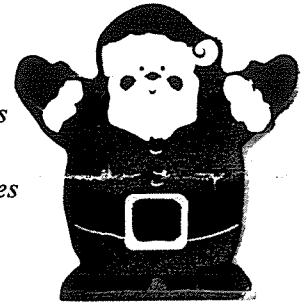
At some time during the party we got a phone call from a lost cyclist. Our Sam Bigelow. Well Sam was persistent or hungry enough, or both, that he found the place. We fed him and warmed him up and he was like the old Sam again.

Eva Folk managed, even with her sore throat to sing one of her famous poems as follows (to the tune of Jolly Old St. Nicholas):

*"Jolly Old St. Nicholas
Listen to our pleas
We have some Christmas wishes
We hope you'll listen please.*

*Albert wants more guns and bikes
He still has room for more.
Katryn wants more holidays
So her stress won't soar.
Dorothy needs a telephone
Her old one's broken down.
Shirley's car's been acting up,
A new one would be fine.*

*Everyone wants bicycles
With all the bells and horns
St. Nicholas we've all been good,
Surprise us Christmas morn."*



Marten McCready tidied up the place and left it in better shape than he found it before, according to Marten himself. I myself, (we, Carl and me) were thinking of selling the house but I guess we can't afford it now, with so many cyclists hovering around every Christmas! Thanks for coming and have a wonderful Christmas. 'Til we meet again.

HoHoHoHoHo

The Ladner Ride Christmas Party, Marten McCready

Can you imagine a group of grown-up people riding their bicycles to a house party, sitting around a Christmas tree and exchanging gifts, and then lining up for a buffet lunch? Well, that was what the Ladner Group just did. It was the annual fun Christmas party at Katryn Jeronimus' place. Thirty-seven of us gathered for what has now become a most pleasant tradition. Although most of us cycled to Katryn's place under beautiful clear skies that Vancouver is noted for during the first three days of December, Katryn, Eva Folk, and Dorothy Kennedy spent the morning cooking lasagna, putting out cold cuts - ham, turkey, beef, and dip and stuff, and generally doing all those things that make a party a great success. Our leader, Al Hollinger, acted as Santa Claus and gave out the gifts. Besides being our inspiration for these social events, Al also picked up the tab for all the food. His generosity is much too much but very much appreciated. And for all their help, we also want to thank Eva, Dorothy, and, of course, our gracious hosts, Carl and Katryn.



Birthday Night at Rickey's in Ladner — Lee Kraft

The 9th of December was the birthday bash in Ladner. Eleven people cycled in the afternoon under a crisp blue sky. Twenty-eight people were entertained at dinner where 4 people celebrated their birthdays; Ken Kraft, Katryn Jeronimus, Marion Orser, and Carl Rorison (ages were not discussed). Al was host, lighting the many candles and guests joined in signing the cards and singing the birthday song. This special affair has been celebrated for 8 years. What fun! the photos taken of Katryn at the Christmas lunch were presented to Al to add to his ongoing album.

Lee Kraft presented Al with a buckwheat pillow named Rosemary (as in Rosemary therapy). It boasted of a colorful southwestern Polar fleece fabric. As it was passed around the table, the perfume of Rosemary rose high.

Everyone is leaving dinner for a Christmas concert at the Ladner Community Centre. Christmas time is so wonderful with everyone getting together and having a full evening and ending with Christmas carols. We are so fortunate to have each other.

Fun to eavesdrop on all the conversations - mainly of most frequent cycled trips, the scenery, the people, and customs.

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. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.

For additional information on tours contact the tour leader or request a copy of the itinerary from the CCCTS office.

1998 TOURS

Cuba

Jan 23-Feb 13; Bruce Ross 250-656-5591

Max participants 26; Cost finalized at \$2,125 which must be received at the CCCTS office, less \$200 deposit, by Dec 1/97. Payment includes airfare and hotels only.

Air schedule: lv VAN 2315 (hrs.) Sat Jan 24, arr TOR 0600 Jan 25; lv TOR 1500 Jan 25, arr Havana 2045 Jan 25. Return: lv HAV 0800 Sun Feb 15, arr TOR 1330; lv TOR 1800, arr VAN 2000 Feb 15.

See Oct Newsletter for route.

Name on air tickets must be identical to name on your passport; therefore, check your name on the membership list to be sure its exactly the same as on your passport; otherwise please send correction with final payment. Final joining instructions will be mailed out in mid January.

Participants (26): Bruce Ross, Barbara Faulkner, William Hook, Sylvia Mather, Fritz Niebisch, Bud Masse, Jean Horrocks, Barbara Hetzer, Sim Wee, Myrna Korstrom, Dan McGuire, June Gallagher, Jim Erickson, Suzanne Gagnon, Josie Zewiec, Dan & Jerry Baris, William Armstrong, Harry

Tingley, Jack Sheppard, Norma Sinclair, Irving Weiss, Romeo Quinter, Katryn Jeronimus, Bob Douglas, Rein deWit.

Waitlisted (4): Margaret Johnson, Doc Watson, Cam Varcoe, Leila Montgomery.

Washington/Idaho Hub & Spoke Tour

May 17-31; Leila Montgomery 250-352-2154

Two weeks, 30 participants; Cost \$380; \$30 non-refundable deposit by Mar 1/98 and the balance by Apr 15/98.

Location - Suntree R.V. Park, Post Falls, Idaho.

Arrive Sunday May 17. Cycle for 13 days. No planned days off. Leave May 31 before noon.

The weekend of May 23-24 (Memorial Day weekend in the U.S.) there is a tandem rally with 300 to 400 tandems expected. The Spokane Bicycle Club has requested that, those who would like to, would help at food stops, marshalling, etc. one day of the tandem ride and ride the planned route next day. There may be a small fee for food stops, lunch and a T-shirt on the day we ride. Will give you more information about this as it becomes available. Also we will be joining some of the club rides and some members will lead our rides.

I have already done the schedule for our 13 days of cycling and they are between 50-80 km/day. I will have maps and a short description of the rides each day.

The cooking tent will be set up and cooking teams assigned each day. Bring one recipe and spices that you are comfortable preparing for 30 people. We will also be eating out.

I am doing my best to keep the cost down, but as you are aware our dollar is only worth 70¢ right now.

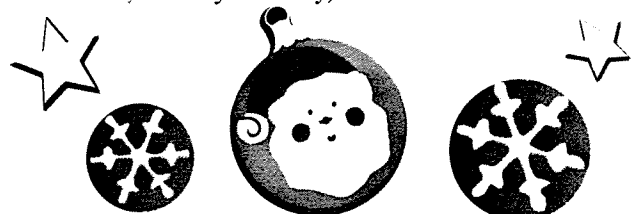
We plan on renting a van from Budget to get the cooking tent, etc., from Vancouver; Jack Sheppard and Dennis Parsons will be organizing this for me. The van will be used for shopping and any emergencies but there will be no coffee breaks. We will make lunches and some restaurants are planned on some of the rides.

I will be sending everyone maps, etc. on how to get to the RV park. There are motels close to the park. Anyone interested should call me and I will give them that information so they can make their own reservations.

Participants (30): Leila Montgomery, Martine Donahue, Anna Markus, Eleanor Bannister, Bruce Ross, Wendy Pearson, Dan & Jerry Baris, John & Zel Harvie, Stan & Daphne Pollard, Margaret Fyfe, Roy Barrows, Josie Zewiec, Brian & Myrna Pollard, Catherine Mick, Joan Enman, Art & Brenda Borron, Jim & Shirley Mae Jeffrey, Ivan & Margot Paravan, Vern Patterson, Jack Sheppard, Dennis Parsons, Sharon Lindsay, Carl Rorison.

Second group **May 31-Jun 14** (30): David & Virginia Brown, Ron & Janice Pickerill, Bob Miller, Fritz Niebisch, Bill & Audrey Hannan, Ann Miller, Dan Kennedy, Bob Douglas, Ernie Schmidt, Helli & Palle Pedersen, Wayne & Clara Waardenburg, Joan Engman, Chris Siggers, Jean & Glen Smith, David & Truus Clark, Jantien & Ted Golsteyn, Roy & Helen Goodchild, Tamas & Wendy Sandor, Bruno & Cathie Freigang.

Waitlisted (6): Ian Polley, Barton Howes & Faye Wilson, Theresa Keet, Dorothy Kennedy, Jean Horrocks.



The Alaska Highway

Jun 3-Jul 2; Chuck & Lynn Dick 604-261-5092

Camping with support vehicle. Max participants 26. The cycling portion of this trip will originate in Fairbanks, Alaska and terminate in Dawson Creek, BC. Information regarding travel to Fairbanks from Vancouver and return from Dawson Creek is also included. Some participants may wish to join the tour in Fairbanks from other destinations. Bicycles will be loaded on the truck at the office May 26.

If participants have not arranged alternate transportation to Fairbanks, transport will be via shuttle bus to SeaTac and Alaska Airlines to Fairbanks. Return to Vancouver by bus to Prince George from Dawson Creek and train to Vancouver.

Tour price cannot be definite yet because prices for campgrounds, etc., may change by Spring '98; however at this time approximate costs are:

Bicycle portion (truck, food, camping)	(\$)
Airfare to Fairbanks	1374
Bus - Dawson Creek to Prince George	415
Train - Prince George to Vancouver	44
	167
	\$2000

Train fare includes breakfast, lunch and dinner. We'd camp in Prince George the night before.

Refer to Nov Newsbrief for tour itinerary.

If you like fishing don't forget your rod. Roadside lakes are stocked and there are quite a number of low mileage days. Plenty of time for fishing and enjoying the terrific scenery!

Participants (25): Chuck & Lynn Dick, André Milaire, Bill Augusteijn, Bobbie Redmond, Sharon Lindsay, Ilona & Peter Dobos, Marion Orser, Joan Engman, Lise & Danielle Brooks, Carl Rorison, Roger LaFontaine, Ann Miller, Sally & Rolf Petersen, Joan Enman, Catherine Crandall, Beti Darvell-Jones, Catherine Lynch, Myrna Korstrom, Harry Tingley, Cathy McPherson, Neil Beckwith.

Waitlisted (1): George Mortimer.

Interested: Christina Radnai, Bruce Ross.

Drivers: Mel & Bette Kerr.

The Bard & the Bike

Aug 23-Sep 2; Janice & Ron Pickerill 604-734-4881.

A two fixed centre tour starting in Champoeg State Park which is in the Willamette Valley 27 miles south of Portland. There will be four days of rides in the beautiful farmland 65 to 85 km length. Then we will rest by driving to Ashland and riding smaller rides on theatre days and at least one or two longer rides for another four days. We will reserve tickets for one afternoon performance and one evening show. It is possible to buy last minute tickets for a few people if more are desired. Max (25).

We will ask for a non-refundable deposit to cover reservations at accommodations, tickets to 2 plays and any other unavoidable administrivia. (continued p. 6)

Costs: Non-refundable deposit of \$40 by Feb 1/98; balance of \$300 by Jul 15/98.

Accommodation:

- Champoeg - tenting, RV hookups or yurts;
- Ashland - hostel, tenting, RV hookups + 2 plays.

Please refer to October Newsbrief for accommodation detail.

Note: Please specify accommodation required with your deposit. We anticipate having group meals at Champoeg but everyone on their own for meals at Ashland (lots of cafes and restaurants).

Participants: (21) Janice & Ron Pickerill, David & Truus Clark, John Hickman, Margaret Hunter, Jean Horrocks, Dan

McGuire, June Gallagher, Peter Jones, Martine Donahue, Dan & Jerry Baris, Irene Hlousek, Mathilde Klassen, Theresa Keet, Bob Miller, Leo Comeau, Bill & Audrey Hannan, Brian Lamb.

Calgary Hub & Spoke Tour

Sep 10-17; John & Zel Harvie 403-228-4934

Fax same as phone; Email: jharvie@ibm.net

Welcome to the world renowned hospitality of Calgary!

The Hub and Spoke Tour envisions three or four days on cyclepaths; about the same outside Calgary when the prairie and rolling foothill country is at its scenic best; and a day in the mountains, likely dusted with fresh snow higher up, and orange, larch and poplar sparkling against the blue/green forests, rivers, and lakes. Max. 25 participants.

No end of attractions: Glenbow Museum and Art Galleries; Devonian Gardens; Olympic Venues, upscale shopping and dining; world class Zoo; to name but a few.

Participants will be supplied with Calgary city map, Calgary city bike map, road and topographic map for out of city tours, and various tourist and ride information sheets.

Please note new accommodation detail re the West Calgary KOA campground: 1 800 562 0842

Fall season rates Tent \$21 RV with water & electricity \$24.50 Full \$27.50 Ask for 10% discount for CCCTS members.

Participants will have to make their own reservations which should be done months in advance. Group rates not available. There are nearby restaurants.

A \$15 fee is required to cover maps, phone calls, etc.

Participants (25): Anna Markus, Barbara Hetzer, Sonja Joos, Bruce Ross, Tamas & Wendy Sandor, Dan & Jerry Baris, Catherine Mick, Eva Folk, Theresa Keet, John Peck, Carl Rorison, Ron & Janice Pickerill, Alyce McKay, Dorothy Kennedy, Sally & Rolf Petersen, Wayne Waardenburg, Bruce McLean, Roy & Helen Goodchild, David & Virginia Brown.

Waitlisted (10): Fritz Niebisch, Ray Bremner, Katryn Jeronimus, Harry Lang, Bob Helms, Cathy Lynch, Ernie Schmidt, Leo Comeau, Mary Whyte, Sally Svensson.

PROPOSED TOURS

(Please Note: Tour Book entries will not be recorded until proposals have received approval.)

1998

QUEEN CHARLOTTE ISLANDS/NORTHERN B.C.

Jul/Aug; Jean Horrocks winter 602-830-0608; summer 250-287-8045; 5001 East Main Street #221, Mesa AZ 85205

Queen Charlotte Islands/Northern BC (possibly Ketchikan & Stewart/Hyder, Alaska) - last weeks in July to early August; approx. 3 weeks; max. participants 25. Camping with support vehicle and driver.

Cost approx. \$600; \$100 deposit by March 1.

The trip will begin and end in Smithers if arrangements can be made with the Alaska ferry system to include Ketchikan and the glaciers at Stewart/Hyder, Alaska. (Schedules to Stewart are only twice a month, and will not be available until early February.) Otherwise, we will start and end in Prince George, cycling one way and taking rail on the return from Prince Rupert.

(Proposed Tours ctd.)

I plan to spend time sightseeing along the way with a stop at Lake Else and a side trip to Kitimat. We will be on the Queen Charlottes for approx. a week to allow time for hiking, kayaking, or walking the beaches. If we make the circle tour to Hyder, time will be spent to view the glaciers and explore Ketchikan. Am trying to arrange for "showers" as often as possible.

Roads are paved except parts of the Charlottes and near Hyder. Most days will be less than 80 km.

Further details will follow; please let me know your preference for either Circle Tour from Smithers or Prince George route. Hope it will be a "fun" trip. Look forward to seeing "you all" again.

Tour Around Lake Ontario

Aug/Sep; Garfield Clack 613-729-9384

Camping with support vehicle (driver available), cooking teams, 30-35 participants.

The idea that the Ottawa group arrange a club tour around Lake Ontario has been discussed informally for a year or two. This past Fall, three of our group undertook an exploratory tour around the lake (*see Beti D-J items in Oct/Nov Newsbriefs, Ed.*), and now think that we should like to try, and so seek approval and authority to make the necessary commitments to campgrounds, etc.

We propose a tour lasting 16 cycling days, with one rest day, covering a distance of about 760 miles/1250km, averaging roughly 80km/day; starting and ending in Ottawa, clockwise around the lake through Kemptville, Brockville, Kingston, Sackets Harbour, Oswego, Pultneyville, Hamlin Beach, Wilson, Niagara-on-the-Lake, Toronto, Bowmanville, Brighton, Picton, Kingston, Perth (rest day at Niagara Falls).

To escape bugs, excessive heat/cold, crowded campgrounds, and heavy holiday traffic, we would leave Ottawa Sun Aug 30, returning Tue Sep 16. Some flexibility may be required; for example there is, at the moment, a ferry service operating St. Catherine's-Toronto. If the ferry service were not available at the time of the tour we would have to add about 3 cycling days and one further rest day.

Cost estimate not yet available.

VANCOUVER & Vicinity WEEKLY RIDES

Sundays:

- **Vancouver-** 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:

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

Wednesdays:

- **West Vancouver-** Meet at 9:20 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week. 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 881-1179 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 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

OTTAWA WEEKLY RIDES

- **Thursdays-** For details contact Garfield Clack 613-729-9384, Bobbie Redmond 613-225-5058, or Gerry Sutherland 613-828-9502

CALGARY WEEKLY RIDES

with the "Elbow Valley Easy Riders"

Their rides are on Tuesdays and Thursdays Apr 15 to Oct 15. If travelling through Calgary and interested in cycling with this group phone Joan Engman for details. 403-288-7910

The B.E.A.R. RIDE 1998

New Year's Day; Chuck Dick 261-5092

No, no one shot the bear! Last New Year's Day the B.E.A.R. was unable to see the light of day for the load of snow or something... or... maybe it was because the leader hadn't recovered from Australian sun... or something. Anyway he's/it's revived and ready to go again on the fifth annual B.E.A.R. In '96 it was called the F.E.A.R. ride but rather than reaching Fairhaven, west of Bellingham, we only reached Ferndale, north of Bellingham. I think I recorded four rear flats which caused great confusion for all concerned. So... we changed the name, hoping for better things, to B.E.A.R., thus giving the fearless leader greater latitude for error. We can now go anywhere including Bellingham (our first choice), Blaine, Birch Bay, Bothell, Beach Grove, Burnaby, Boundary Bay... and none would be the wiser, except those knowing the true meaning of B.E.A.R.

Anyway it's on! January 1, 1998, leaving at 9:00 am sharp, from the Peace Arch crossing across from the Canada Customs buildings. Use the parking area (8:45 am arrival). Come prepared for almost anything but do come prepared for the cold. Thermos bottles will fit your water bottle racks and will be quiet if you cover them with something. Our destination is Bellingham [actually Fairhaven 3 mi/5km (approx.) west]. Oh, and for those still asking "what the heck is B.E.A.R. supposed to mean?" Quite simply put; **Bellingham, Eat and Retreat! Cheers.**

Next month: Resolutions for New Year Cycling

Thank you all for your contributions to the Newsbrief.

 **HAPPY NEW YEAR**
EVERYBODY! 