

# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 16 No. 01

January 1999

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Spinning Towards the Millenium... at press time, 354 days of great cycling tours to the Year 2000

## PRESIDENT'S CORNER

Dennis Parsons

Our trip is over! We've done the full circle with some variations on the last tour and here we are in Chch (*Christchurch*). Thanks Carl! Not to invite envy but it must be said the days have been very hot for the past week. Today though is B.C. coast weather, overcast with wet streets.

From the Society's telephone list I counted about 70 people who have visited this blessed country, so you wouldn't mind if a Canuck reminisces about Kiwis, eh? There are no threatening animals - not one snake, even though St. Patrick never set foot here. Flies, cockroaches, rats and mice are hardly known. The one pest is the sandfly which attacked with a vengeance at Maruia Springs (a spa) and left those wearing shorts looking as if they'd survived a case of measles on their legs. And itch? oh boy!!!

Living in this environment seems to have affected the inhabitants so that they're the kindest, most tolerant, helpful and honest people. I detailed how Marcus looked after Rae when she fell ill and Natalie attached herself to our tour when Lise was injured (*on the '97 tour. Ed.*).

Driving a car on a busy highway below the posted speed, causing traffic to build up behind incites no horn-blowing. Pull over onto the shoulder and they pass waving and beeping to show their appreciation. Cyclists receive the opening hand on the steering wheel or waves or honks - the horn-blowing can't be rage when the vehicle's going the other way...

Bus drivers salute hitch-hikers though they could be contributing to the driver's wages.

Bills and receipts are virtually unknown. Pay for accommodation at a hostel and it is noted in a children's exercise book sometimes in pencil.

When you've finished a meal, the question is asked "What did you have?" The cost rung up on the till and change given. No paper. You pay only the stated price. No taxes added.

Even though the waiters receive no tips the service is exceptional. They could come along half-way through your meal and see if everything is all right but this is a small failing.

Two items a baser nature:

In the villages and towns the focal point is the Public Toilet. If you ask directions, the local will tell you how far it is from the Toilet.

In one village as you enter, a large sign advertises: "Stay at the Mariposa Hotel ... next to the Toilets."

As for the toilets: when you press the button (no levers) a veritable Tsunami occurs and wets the seat for the next person to sit on. Don't practice dump and flush unless you lift yourself off the seat first.

For further information, contact me at dovic@inetex.com

## COMING EVENTS

1999

### FEBRUARY

*Thu Feb 4 Directors' meeting*

### MAY

*May 5-9 Victoria Spring Picnic; Hub & Spoke Tour*

*May 10-13 Mayne Island Hub & Spoke*

*May 18-27 Toppenish Hub & Spoke*

### JUNE

*Jun 27-Jul 10 Okanagan-West Kootenays Tour*

### JULY

*Jul 12-21 San Juan Islands Tour*

### AUGUST

*Thu Aug 5 Annual Picnic, Deas Island Park*

### DECEMBER

*Wed Dec 1 Banquet & Dance*

*Thu Dec 2 Annual General Meeting*

## COMMUNICATIONS WITH WHEEL PEOPLE

### Attention: Newsbrief Editor

Rolf Petersen

Congratulations go out to Ruth and Bert Davies (long time members of the CCCTS) who celebrated their 60th Wedding Anniversary on Dec 31, 1998. Bert has been active in the Seniors' games for many years in cycling and swimming and has taken home more than his share of medals in both sports. A surprise party was held at Braefoot Recreation in Victoria attended by close to 100 of their friends and family.

### A Re-Union of the Originals

Mel & Betty Kerr

I intended to get a consensus for a re-union of those attending the Club's annual dinner but the over-amplified "dance" music gave me a head so I went home. Poor Boy!

My first article in the October Newsbrief produced two responses - Nan Earl from Nanaimo and Dorothy Kennedy. So far, therefore, a very poor effort.

Well let's include all members of the first South Africa tour and the ones before. Anyone interested in such an event, please contact our office by letter, phone, or E-mail (as listed on the Newsbrief banner) by January 31, 1999.

If there is a good response committees can be set up to choose a site, menu and date, etc.

Do we really want a re-union?

### On the Cycle Scene - CCCTS Crests

Faye Wilson & Barton Howes are sporting cozy new fleece vests with personalized monogram and CCCTS logo - a follow-up to Theresa Keet's notice in the October Newsbrief that: "Our crest can be made on anything you want, your sportswear, sweatshirt, etc. Either the full or partial crest."

The company is BOOMER Promotions,  
Unit 8, 13415 76th Ave., Surrey, B.C. V3W 2W2;  
Phone 604 591 8877 Fax 604 591-1657.

### Excellent Cycling Adventures in Southern Alberta

*Irene Hattan*

This is really a thank you to Irene in response to the note she sent to the CCCTS office with a brochure, promoting a book with the title above, "Excellent Cycling Adventures in Southern Alberta." (As it was received last year not long before the Calgary Hub & Spoke, I thought I'd defer a mention in the Newsbrief to a later date. Ed.) The author is Marg Archibald. Interested parties should contact the publisher at 212 Hawkwood Drive NW, Calgary AB T3G 3M9, or, Email: Monday@nucleus.com

### **1998/99 Directors:**

President	Dennis Parsons	250 881 1170
Vice-President/Tours	Ted Stubbs	604 321 2784
Treasurer	Bob Douglas	604 435 3893
Secretary	Catherine Lynch	604 543 0956
Equipment	Jim Jeffrey & Dan McGuire	604 943 0924 604 942 3235
Membership	John Peck & Carl Rorison	604 538 0195
Newsbrief	Mary Eickhoff & Rolf Petersen	604 535 2513 250 384 6804
Office Manager	Glen Smith	604 521 1007
Social Convenor	Carl Rorison	604 530 6289
The Island	Horst Hees	250 389 1152
Seniors' Games Rep.	Barbara Hetzer	250 995 8430
Tours Assistant	Bob Miller	604 263 3905
Others	Barton Howes	250 378 0927
<b>Club Contacts:</b>		
Ottawa Contact	Garfield Clack	613 729 9384
Calgary Contact	Zel Harvie	403 228 4934
Club Jerseys	Andre Kaufmann	604 581 3923

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## TOUR REPORTS

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### *New Zealand Diary*

*Dennis Parsons / Horst Hees / Betty Darvell-Jones / Carl Rorison*

Wed 09 Dec 1998 14:27

Here we are in the GARDEN OF EDEN! Arrived in Chch (*Christchurch*) on a warm sunny day, assembled my bike and rode from the airport along a road lined with hedges, fences, with roses, peonies in full bloom and trees and lawns all green, for a reunion with Marcus at Dreamland. Without spending any time visiting downtown rode off next day to Ashburton along the highway with far more traffic than I had expected, a distance of 90 kilometers. Next day on to Geraldine. Everything fine until 15 kilometers from there

Greetings from New Zealand!

The first thing I noticed when I woke from my sleep the first night at the Dreamland BPH in Chch was the sound of the birds. What a concert they gave me! So many clear voices, some I hadn't heard before, in perfect, natural harmony told me of the beginning of the day and my 6-week trip. The multitude of winged musicians sing me nightly to sleep in my tent. They're everywhere. Some seem complete orchestras in themselves with many chords like synthesizers. The magpie in mating season. And in the morning they tell of the joy to come. Some of the nights in the tent were extremely cold - my down

when the wind changed & was so strong I had to walk leaning into it. An hour later the weather changed again and I was blown into town under sunny skies. The hostel I stayed at was set in its own botanical gardens. Beautiful! I had to catch up with the group so next day took the bus. It took me 4 hours what it took them 4 days to do to get to Cromwell. They were going over Lindis Pass and from the warm comfort inside the bus I looked down on them bent double against an appalling wind. The 110 km must have felt like HELL to

sleeping bag is idle at home - until I got some extra blankets. I love the friendly, helpful people here, the clean landscape, the good roads without billboards, the spaciousness of the rolling, sheep-covered foothills, and the antics of the clever sheepdogs. The snow-covered mountains of the Southern Alps add a touch of drama to the background. There are more deer farms here than I remember from 1983. (The meat goes to the Germans, the antlers and internals to the Asians.) Another great joy to all of us cycling past the colourful fields of perfumed beauties were the lupins. Large and strong in great stands along the edges of the roads, they are of more

them. Today it started clear and calm and got warmer. The wind picked up then it rained heavily and now it's clear and dry again. Who knows what'll happen next! A little Newzealandese: in the supermarket a sign over the mushrooms says: "Be aware that the paper bag could add 5 grams to the weight. Customers are allowed to remove mushrooms from bag for weighing." We push a trundler through the store to collect groceries and outside we slow down at the judder bars.

Dennis.

colours than the rainbow. Ever fresh. A delight eye and nose never seem to tire of. They grow beside the roads, the turquoise lakes - Tekapo, Pukaki, and the rivers and ditches. Here's to the lupins!!!

I mustn't forget to tell you about yesterday's ride over the Lindis Pass (934 m) and along the Clutha River Valley from Omarama to Tarras and Cromwell; and the story of that ride of 110 km begins and ends with the wind. We battled the wind all day, the wind that broke the tree that fell onto the road behind Carl, the wind that drove the hail into our faces to make us squint. Up the hills and down we had to push the wind

ahead of us like an uninvited, unwelcome, non-paying passenger. Ducking our heads low to slide underneath the wind, we still could not hide from its force. The wind sought us out and always found us and shook us and tested our resolve. As our muscles weakened, our determination grew ever stronger to get out of this driving,

Thu 10 Dec 1998 14:05

New Zealand, where Christmas is spring and fields are covered with wild lupins. Where sheep shearers are strong, masculine youths, with tatoos (sic), shaved heads, wear red singlets and sheep-skin slippers.

Wed 16 Dec 1998 18:52

Christmas greetings from Franz Joseph.

The tour is rolling along. Today is a rest day in Franz J.; some are doing the hike to the glacier. The first 12 days of the tour were quite wearying... lots of strong headwinds and some pelting rain. Spirits were getting A BIT low!

Mon, 28 Dec 1998 16:14

Hi again everyone!

Everything going well here. We are finally into the nice summer weather, which makes cycling much more fun. Today we are in a very nice little hostel in Picton. Picton is the ferry terminal to

Thu, 07 Jan 1999 15:28

The 98/99 N.Z. tour has come to a successful completion. Judy, Dora, Corry, Betty, Fritz, Dennis, Horst and Carl R. cycled into Chch this forenoon in beautiful summer weather. Carl J and Katryn, Thomas and Wendy preceded us by one day. Pablo is somewhere on the N. Island, Dan, Sally, and Ness are on the N. Island or on their way home. We

pressing, infernal stream of air and rain that worked so hard to keep us back. It did not let up, it did not change until we turned away from it and over the bridge into Cromwell. Suddenly cycling was fun again as the wind concentrated on our fellows still doing battle with it on the road along the river, as though in a wind-tunnel test where the cyclists are

Hills on one side, mountains on t'other, with turquoise lakes and canals in between. A place I could spend the winter. Such vast beauty, green velvet hills, ribbon-rippled roads, hard cycling but well rewarded. Strong winds. Pedalling downhill. Caught up with

However the last 3 days, Makarora through the Haast Pass to Franz J. have been great and spirits are high. Celebrated Katryn's birthday yesterday.

Dennis met us in Cromwell but his foot is giving some problem and he bussed ahead to Franz J., where we met

the north island. From here, instead of going down the east coast we are going to cut back across west, then south a-ways, then east over the Lewis Pass and on into Christchurch. We had a good Christmas eve and day in Motueka.

were all sorry to see Bruce McLean leave the tour and hope he is doing well.

During the first 3 weeks we had several tough days due to strong headwinds and heavy rain, however, the last 2 weeks have been glorious cycling. Lots of great tans!

It was a great help having Carl Jeronimus stick with us during the tour

the guinea pigs. Even as we turned from it we could hear its sneering, howling, laughing fury. At the end we all made it safely, exhausted, full of tales and triumphant --- ready for the sleep of the just.

Love, Horst.

some Canadian geese, saucy magpies. Sun shines in the north. Hedgehogs, buttercups, knobs turn anti-clockwise. Lamb and mint sauce - what more do you want?

Merry X, Happy NY, Betty.

him again and now he has bussed ahead to Westport.

Bruce McLean had to leave for home from Cromwell. He had a fall and broke a bone in his elbow. It had to go in a cast and he could not ride anymore.

Best regards to all! Carl.

Pablo has gone to the North Island; Dan, Sally and Ness are cycling to Chch on the east coast.

Regards, Carl.

and carry our panniers and food boxes. I think he enjoyed the tour as much as the cyclists.

So until the group and I see you back home on the day rides, farewell from New Zealand.

Carl.

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### *South Africa*

*Barbara Faulkner/Bill Hook*

The trip to Africa was interesting. Once again over half of the bicycles were missing when we arrived in Port Elizabeth but fortunately we only had to wait a few hours, and they all arrived in good condition. The first three weeks we cycled from Port Elizabeth to Cape Town. The terrain is quite mountainous and, as a result, it was a tough trip through several beautiful mountain passes. Most of the 830k was like being

on a roller coaster. The flowers were beautiful and there were many which we had never seen before. There was a vast variety of colourful birds. In our group we had a lady who is a very keen birder, so we were able to identify many of them through her expertise. On the cycling part of the trip we saw small herds of Springbok and in the mountains there were lots of baboons, often on the road. Unfortunately we

missed out on four days of cycling due to bad weather - very high winds and heavy rain. The safari truck travelled with us during this period and so we were able to ride in that on the bad days.

All the camp sites in South Africa were three to five star. There was camping on grass and not only showers but bathtubs too - they put our campsites here in BC to shame. The general condition of the roads was good

to excellent. Not as many bike lanes as we would have wished, and the drivers were not as courteous as we are used to here at home. There was very little swimming in the ocean but many of the campsites had pools - some better than others.

The cooking facilities were very poor but our cooks did an excellent job with the equipment available. There were only two gas burners, and most of the cooking was on an open fire - bundles of wood were readily available wherever we travelled. The equipment that our club has is far superior to anything that was available on this trip. It's a beautiful part of the world and we did not feel threatened at all whilst on the road, or otherwise. There appears to be lots of growth in the country - new roads, buildings and new forests.

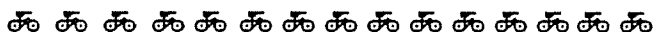
The second part of the trip was a safari which took us north from Cape Town, South Africa, into Namibia, visiting the Fish River Canyon, which

is the second largest canyon of its kind in the world. Bill and a few others in the group hiked down into the canyon - it took about one and a half hours each way. Good hiking boots were necessary for this, and many of us did not have them. From there we went into the Namib Desert where we saw spectacular sand dunes and everything in the truck was covered with sand, and everything we ate was gritty! We then drove through Etosha National Park where we camped by a watering hole and saw lots of game including lion, elephant, rhinos, warthogs, giraffe, zebra, jackals, hyena, and many different antelope. The camp here was surrounded by a high fence - we were the ones in the cage! From there we went into Botswana: the Okavango Delta where we had to pile everything into boats to reach our campsite and camped for two nights on an island on the delta. We took a boat trip through the waterways and it was beautiful and the bird life here was

incredible. There were elephants roaming around the edge of this camp (no fence) and we listened all night long to the hippos grunting in the water. Then we drove through the Caprivi Strip and into Zimbabwe and the Victoria Falls, which are beautiful. On our day off at the Falls we walked along the Zambezi River and were lucky enough to see a family of monkeys at close range - there were probably about thirty of them, some with tiny babies.

It was a long drive back down to Johannesburg and a wonderful night of luxury in a hotel, after over six weeks of camping. There were some highlights and there were some downers but it was a trip that we were glad to have had the opportunity to experience, and one that will add to our club memories.

We wish to thank John Peck for arranging this trip and would like him to pass on our thanks to Rick and also to Shelsley and Johan for taking such good care of us.



## OTHER REPORTS

### Victoria Celebrations

*Rolf Petersen.*

The annual Victoria Christmas celebrations took place in great style at Samuel's in the Queen Victoria Inn. Several of our local members were missed, being away on the African safari, enjoying the sunshine (Barbara Faulkner, Bill Hook, and Jim Wolff), Barbara Hetzer and Sonja Joos loafing on the beaches of Hawaii, Horst Hees and, last but not least, our illustrious President Dennis Parsons in New Zealand. (I guess they don't like our liquid sunshine.) In spite of this we still had a great turn out of 46 members augmented by three guests from Vancouver: Mary Whyte, Al Hollinger, and Ray Berg. The fare consisted of "The Traditional Turkey Dinner" with all the trimmings, soup or salad, and a variety of cakes for dessert. We had a nicely decorated room to ourselves. All in all a very successful evening. Thank you Joyce, Alida, and Chris for a job well done in arranging for a great evening.

### Al's Christmas Party - the Tuesday/Thursday Group's Annual Tradition

*Jackie Frost.*

The party was supposed to be held at noon in the Boys and Girls Club in Ladner after the regular Tuesday ride, Dec 15, but as the rain was coming down in buckets and blown in your face by high winds, only two hardy souls turned up - Al Hollinger, who is always on board, and Jerry Brereton, a fairly new man who is certainly showing the right stuff. The rest of us wimps, thirty-nine in all, came just for the party.

Our lunch, prepared by our regular volunteers, Shirley Fisher, Dorothy Kennedy, and Eva Folk, was Lasagna, Chili, lots of green raw things that are dipped into bowls of white stuff, and chocolate cake, and all this donated by Al.

Later Santa Claus came and since nobody was naughty, everybody got a gift. As an added bonus, Al also donated a great pair of binoculars as a draw prize won by Jim Jeffrey. Talk about lucky. What a great way to spend a rainy December day!

### A Warm Welcome to New CCCTS members:

**deGraff, Margrit** 403 782 2193  
RR3, Lacombe, AB T0C 1S0.

**Giles, Greg & Janet**  
7820 Taulbut St., Mission, BC V2V 3W6.

**Turner, Daphne E.** 604 291 7899  
21 North Fell Ave., Burnaby, BC V5B 1L3.

**Membership as at JANUARY 7: 477**

### Thanks to our volunteers

In addition to those around the lower mainland who warrant our appreciation for attending the office, we have a couple of regulars who have agreed to give Carl Rorison their support in organizing social events:

Take a bow, Margaret Fyfe and Shirley Fisher.

This is in addition to Margaret's weekly contribution at the office and help with the Newsbrief mailout, and Shirley's involvement in organizing 'Stay at Home' tours. Good on 'ya!

Bicycle collector addicts might enjoy an article in **Bicycling** magazine's Jan/Feb '99 issue, Geoff Drake's **Up Front** column, entitled **The Art of the Bike**, from which I quote, "*The bicycle is at once a thing of beauty and a marvel of engineering.*"

# 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.

## **Please note the following procedures for registration of tour participants:**

1. Members wishing to participate in a Tour are asked to submit their names, to be received before the fifth day of the following month (Newsbrief submission deadline).
2. On that day the names will be counted; if the number of names exceeds the maximum, a draw may be held.
3. Those failing to make the maximum cut will be placed on the waiting list in the order drawn.
4. Later requests will be added to the list in the order received.
5. Couples or groups shall not be divided by the draw provided they specify they are a couple/group when submitting. If they cannot be accommodated in the maximum, they will head the waiting list.

## **Please note - when applying for tours:**

- 1) For information on tours contact tour leader.
- 2) To register for tours call the office.
- 3) All payments, whether for membership or tours, should be sent to the office with a note specifying 'to be deposited for' - either membership or name of tour.

## **1999 TOURS (listed in date order)**

### Victoria Hub & Spoke

May 5-9; Rolf Petersen 250 384 6804

We start on a Wednesday morning when Victoria riders will meet the ferry departing Tsawwassen 9 o'clock (arr Schwartz Bay approx 10:45 am). The first cycle tour will take us to "The Victoria Spring Picnic." After the picnic you will be taken to your accommodations as needed. This year there will be 5 day tours arranged in the Greater Victoria area, the last tour being on a Sunday, so anyone wishing to do so can catch the Mayne Island Monday morning (seniors' fares) ferry and continue on Theresa Keets' Tour for an additional 3 days of island touring. Please book at the office as usual.

Please arrange your accommodations with Victoria members... we are motivated, or call above phone number for further details.

### Mayne Island Hub & Spoke

May 10-13; Theresa Keet 604 596 1953

Following Rolf Petersen's tour, take the ferry to Mayne Island, or come from the Lower Mainland, and enjoy a couple of days here, or explore the other islands.

Open itinerary and food arrangements...

I have enough room for 20 people either tenting or sleeping in the basement with your own sleeping bag & mattress.

Our house is a short ride from the ferry.

### Toppenish Hub & Spoke

May 18-27; Dan Baris 509 865 2315

Maximum 50 persons. Cost: \$100 US = \$160 Cdn;

\$10 Cdn non-refundable deposit. Tour includes at least 3 meals, a two day winery tour with sag wagon and a night in a motel. You pay for the other meals and lodging or campground fees. Cost in US\$:

\$3/person/night for campsite;

\$12-\$10/RV depending on hookups;

motels vary \$67-\$45/room double occupancy.

Tour will be similar to 1996 Toppenish Hub & Spoke. More details in future and in response to applications.

Participants (15): Dan Baris, John Peck, Anna Markus, Carl Rorison, Laureen Morling, Ray Wright, Dennis & Freda Scolah, Clara & Wayne Waardenburg, Chris Siggers, Jim & Shirley Mae Jeffrey, Art & Brenda Borron.

### Okanagan-West Kootenays

Jun 27-Jul 10; Dan McGuire 604 942 3235, or,

<dan\_mcguire@bc.sympatico.ca>

Maximum 24 persons. Supported camping with truck for equipment. Truck driver if available. Motels or cabins available if needed.

Proposed overnight locations: Sicamous (Mara Lake); Revelstoke; Nakusp; New Denver; Kaslo; Nelson (2 nights); Christina Lake; Greenwood; Osoyoos; Penticton (2 nights); Winfield; Sicamous.

Participants (10): Dan McGuire, Adrian Thomson, Anna Markus, Carl Rorison, Bruce McLean, Jim Grayson, David & Truus Clark, Jan Johnson, Eleanor Bannister.

### San Juan Islands

Jul 12-21; Bob Douglas 604 435 3893

Maximum 30 persons. Opportunities for cycling, hiking, swimming and normal tourist activities. Tenting with support vehicle. Driving will be share by participants. Estimated cost \$300 Cdn. Deposit of \$20 by Jan 15; Balance of \$280 by Jun 1. Pay your own ferry fare which should be under \$10/US. Nights in camp: Larrabee State Park (1), Deception Pass (3), San Juan Island (2), Orcas Island (2), Lopez Island (1), Larrabee State Park (1).

Participants (8): Bob Douglas, Joan Enman, Jim Betts, Jerry Brereton, John Peck, Bryan Riggs, Donna Nicholas, Bob Miller.

## **2000 TOUR**

### Cross Canada 2000 (Coast to Coast)

2000 May-Aug; Barton Howes 250 378 0927

A vehicle supported camping tour with days off/rest days at residences of universities or facsimile in larger centres. Starting time: last week of May, ending in August. The route will bypass Northern Ontario. Participants must be prepared to ride 90/100kms daily. \$30 non-refundable deposit to be submitted with application. Final cost +/- \$3000 will be announced by June 30/99.

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## PROPOSED TOURS

*Please note: the following tour ideas are in development stages and have not yet been approved.*

### Tour de la Belle Province de Québec

1999 Aug 7-24 (please note date change);  
Marthe Lambert 418 71 0338 Fx 3380, and  
Lise Brooks 819 827 2943

Maximum: 27 participants. Non-refundable deposit of \$20 will be required to confirm registration.

Distance: 1191 km. Departure from and return to Ottawa. Support vehicle, tenting/hostelling available in Montreal, Quebec City, and Sherbrooke; 2 rest days in Montreal & Quebec City, permitting time for tours and sight-seeing.

Leaving Quebec City the tour will head south towards the Eastern Townships, the Chaudière Appalachian range, the beautiful country side of the Estrie region, on to the university town of Sherbrooke, and the scenic rolling hills of the Magog & provincial park area. We will then head southwest running parallel to the U.S./Vermont border, across the Ottawa River at Hawkesbury and return to Ottawa.

This tour is planned to run just prior to the proposed A.L.O.T. (below) so that, if both tours go ahead, the cost of truck rental will be absorbed by the two eastern tours, making it more affordable for those wishing to take part in one or both tours. Rolf & Sally Petersen have expressed an interest in taking on the challenge of driving the truck for both tours. For more information contact Lise Brooks via the internet <cabrooks@cyberus.ca>.

### Ottawa Hub & Spoke Tour

1999 Aug 24-27; Garfield Clack 613 729 9384  
e-mail <ay915@freenet.carleton.ca>

### Around Lake Ontario Tour (ALOT)

1999 Aug 29-Sep 16; Garfield Clack 613 729 9384  
e-mail <ay915@freenet.carleton.ca>

Maximum participants: 25.

Route: As in 1998, start and end in Ottawa, clockwise around lake, fine-tuned by using bus instead of ferry around west end of lake, spending first night in Kemptville or Merrickville, rest days in Kingston and Toronto; with these changes from last year the tour will be three days longer; thus more emphasis on the sightseeing aspect.

Budget: Per diem cost should be considerably less than in 1998 if we are able to share the cost of getting the truck and equipment to and from Ottawa with the proposed Québec tour.

Truck: to be hired in Vancouver and driven to Ottawa; fee for carriage of participants' bikes should meet some of the costs.

### Provence, France

1999 dates approx. mid-Sep-Mid-Oct; Leo LeCouteur  
604 541 9150 fx 3380.

*The proposal has been withdrawn until further notice. Leo is not able to go, but would provide his recce. info for someone else to lead the tour.*

### Fraser Valley Hub & Spoke

1999 Aug or Sep; Wayne Waardenburg 604 826 3044.

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## VANCOUVER & Vicinity WEEKLY RIDES

### Sundays:

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

### Tuesdays/Thursdays:

- **Ladner-** Meet at 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.
- **Pitt Meadows-** Meet at 10 am at Lougheed Hwy & Dewdney Trunk Rd (turn right at 1st traffic light after crossing Pitt River eastbound). Contact Margaret Fyfe 433 4115 or Roy Barrows 939 8989.

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## VANCOUVER ISLAND WEEKLY RIDES

### Sundays:

- **Victoria-** Meet at 9 am at Big Apples Bagels at the Saanich Plaza. Contact Horst Hees 250 389 1152, or Rolf Petersen 250 384 6804.

### Tuesday/Wednesday/Saturday:

- **Duncan-** Meet at 10 am at A&W, Island Hwy. Contact Cathy McPherson 250 743 5616.

### Wednesdays:

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

### Thursdays:

- **Nanoose/Parksville-** Meet at 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 250 468 5696.

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## OTTAWA WEEKLY RIDES

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

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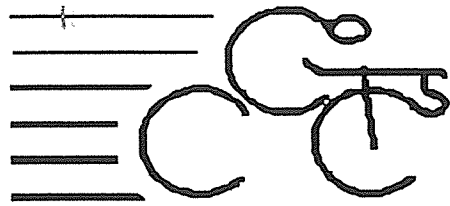
## CALGARY WEEKLY RIDES

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.

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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 of the month. Membership fees: single \$25; couple \$35. The month your dues expire is shown on the address label.



# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 16 No. 02 *Bob Douglas is sending your Canadian Tax Receipt in this envelope as a welcome Valentine!* February 1999

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
http://www.vcn.bc.ca/cccts/

♡XOX ♡XOX ♡XOX ♡XOX

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E-mail: cccts@vcn.bc.ca

February Editor - Mary Eickhoff

## PRESIDENT'S CORNER

Dennis Parsons

We find so often in glossy magazines, articles on insurance with headlines such as, "How not to get stung--- read the fine print." Or, Get the best deal---shop around." Your grandson at the computer could give the same advice without hesitation. We need to examine the flags which appear green but turn red when we touch them. Glen Smith had an unpleasant experience last summer after the accident, when he failed to use the right credit card to pay for medical attention. In this Society of travellers we must have some insurance stories which could benefit us. Write, Email, Fax, phone or shout. I will accept anything and have the findings published before the cycling tours start. I will be at the office Wed., Mar. 4th from noon until 5 p.m. At home, my newest address is dovic@inetex.com

## COMING EVENTS

1999

### MARCH

Thu Mar 4 Directors meeting

### APRIL

Thu Apr 22 Spring Social, South Delta Rec Cntr 11am-1pm  
The Longhouse

### MAY

May 5-9 Victoria Spring Picnic; Hub & Spoke Tour  
May 6 Directors meeting, Sidney  
May 10-13. Mayne Island Hub & Spoke  
May 18-27 Toppenish Hub & Spoke

### JUNE

Jun 27-Jul 10 Okanagan-West Kootenays Tour

### JULY

Jul 12-21 San Juan Islands Tour

### AUGUST

Thu Aug 5 Annual Picnic, Deas Island Park  
Aug 7-26 Tour de la Belle Province de Québec  
Aug 25-30 Ottawa Hub & Spoke  
Aug 29-Sep 16 Around Lake Ontario Tour (ALOT)

### SEPTEMBER

Sep 8-14 Fraser Valley Hub & Spoke

### DECEMBER

Wed Dec 1 Banquet & Dance  
Thu Dec 2 Annual General Meeting

## COMMUNICATIONS WITH WHEEL PEOPLE

### Newsletter Editor Debut

Mary Eickhoff

The Editor's chair will in future be occupied alternately by Rolf Petersen and me. Rolf has been putting a lot of hours into creating the banner and formatting in IBM compatible and will publish the March and April issues. Brenda Borron will share the Island team's workload in organizing the mailing and, I assume, will be inundated with well-known enthusiast Island volunteers. I'd like to thank these members for taking on the venture and wish them a smooth transition. I know they'll have a lot of fun, as we do here, and we'll be competing for turns at the press in no time.

### Fax letter re Possible Germany Tour Max Bissegger

A few years ago I organized and led a group of cyclists on a tour of the 'Romantic Road' in Germany. Various people keep asking me: "When will you do another tour in Germany?"

Last year I asked for, and received mid-January, some information from the German Cycle Association with a number of possibilities. From the information received I selected various tour operators, and have mailed one, and faxed six letters to Germany. Now, before I go any further, I'd like to get a feeling for how many people are dreaming of cycling in Germany. Please call soon if you are interested, and leave a message so I will know if it is worthwhile to continue the work. More next time. Regards, Max. 604 536 3202

To: cccts@vcn.bc.ca

From: Fry <fry.info@intouch.bc.ca>

**Subject: Crank Bros Speed Lever**

Bill Fry

Greetings,

Further to the Newsbrief, December 1998 issue, "Repair Flat Tires without Swearing" - no matter how easy this is it would never prevent me from swearing; however, I have tracked down the manufacturers on the Internet and also the Canadian distributor. I have talked to a local cycle shop - Dunbar Cycles 4219 Dunbar, Vancouver 224 2116 Attention Larry - about this great little item and to cut a long story short they have ordered them and now, on the 11th January, they have received stock of this Crank Bros Speed Lever and are ready to sell them to our members. As I am shortly due for heart surgery I will not be fixing too many flats right now but later in the year I will be swearing away with the best of them - aided by your piece of good advice on this great gadget. Cheers.

## '96 Cross Canada Tour Sequel

*Bill Armstrong*

Some of the club members who participated in the '96 Cross Canada Tour might be interested to know that, about 3:30 pm on the 1st of August '98, after a difficult 21 day solo journey from Quebec, I checked into the Hotel Newfoundland and thus completed, in my view anyway, what I started with you on the first of June 1996. As I sat drinking my self-congratulatory beer and dripping water on the carpet (it had rained heavily all day) I thought of all of you and remembered the many kindnesses you showed to me during the tour; particularly during that last, hard day at Quebec. By the time I had finished my beer, the sun was out.

I hope you are all well and have had a happy and productive holiday season.

*(Thanks, Bill, for letting us know so we can all raise a beer and cheer your completion, bona fide in anybody's view. Ed.)*

## NOTICES

### **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 STI, canti brakes. Wide gearing range for touring. 21 speed. Forest green. Asking \$600. Barbara A. Faulkner (250) 721-1684.

## 1998/99 Directors:

President	Dennis Parsons	250 881 1170
Vice-President/Tours	Ted Stubbs	604 321 2784
Treasurer	Bob Douglas	604 435 3893
Secretary	Catherine Lynch	604 543 0956
Equipment	Jim Jeffrey & Dan McGuire	604 943 0924 604 942 3235
Membership	John Peck & Carl Rorison	604 538 0195
Newsbrief	Mary Eickhoff & Rolf Petersen	604 535 2513 250 384 6804
Office Manager	Glen Smith	604 521 1007
Social Convenor	Carl Rorison	604 530 6289
The Island	Horst Hees	250 389 1152
Seniors' Games Rep.	Barbara Hetzer	250 995 8430
Tours Assistant	Bob Miller	604 263 3905
C to C 2000	Barton Howes	250 378 0927

### Club Contacts:

Ottawa Contact	Garfield Clack	613 729 9384
Calgary Contact	Zel Harvie	403 228 4934
Club Jerseys	Andre Kaufmann	604 581 3923

### 1999 Seniors Games

*Leo Comeau*

For your information, the Seniors Games will be August 26, 27, & 28. Registration: Aug 25 at Elk Valley.

## TOUR REPORTS

### *Tales from New Zealand*

*Carl & Katryn Jeronimus*

One by one our cyclists arrived in Christchurch. In all there were nineteen of us. We were there between the last week of November and the first week of December 1998. Some of us were assembling the bikes while others were ready and eager to go, waiting like soldiers in the trenches. I was one of those waiting as we had been in New Zealand for two weeks.

On Monday, December 2, we were off! We were heading out to Cromwell. The weather was not being cooperative, with steady head winds and raining most of the time. Several times we were forced to seek shelter in sheep shearers' huts along the road, while waiting improvement in the weather. While waiting we observed the crying baby lambs being weaned. The shepherd told us that this noise by the lambs would continue for several days as the lambs had just been taken away from their mothers. The sheep dogs had the job to keep the lambs in line. It sounded like an empty nest syndrome to me!

Travelling on to Queenstown, several people took the cruise to Milford Sound while the rest stayed in camp. The

cruise was absolutely wonderful. The weather was getting better at last. We cycled along the Westland Coast of South Island. At the town of Franz Josef we had a few days off. Several of the group hiked up the Franz Josef glacier. We dined on lamb burgers that evening on our return.

The next day I celebrated my birthday while riding through the "Haast Pass". That day I rode the same 'K' as my birthday candle count... 61!!! I was surprised and then spoiled that morning. There was a birthday cake with my breakfast.

Dennis Parsons arrived in style from Victoria. He was wearing his slippers while all the rest of his belongings were on his rat trap including his underwear, which was drying in the wind. Way to go Dennis!

We all struggled up the west coast of the South Island towards Greymouth. That was a suitable name for this place as the weather became greyer and wetter. The group became smaller as several took the bus up to Nelson in search of better weather. Horst, Carl and I took the car to Nelson. It was a blessing to

have my husband Carl along, driving the car carrying most of our luggage.

We celebrated Christmas in Motueka, a nice little town with beaches nearby. On December 24 we went to church for a candlelight service. Christmas Day we all went for brunch at a local restaurant. The next day we took a boat trip to Abel Tasman Bay. The boat delivers groceries, mail, local people, and trampers such as us. We hiked down the coast for 13k and took the last bit back to our hostel by bus. Our hostel was a lovely place called Baker's Lodge. It was a former bakery. I am still convinced that our room was formerly an oven. It was tall and narrow with very high ceilings, but it was also warm and cozy. We felt like two loaves in the oven. The towns here are very far apart, even more so than the North Island. We are travelling on to St. Arnaud, a very small community consisting of one yellow house, which is our backpackers accommodation. It was rightfully named 'The Yellow House', as it was the only house... a two person operation. The husband looked after the farm, community pool, schoolhouse, post



office, bar and store; all in the yellow house. The wife cooked us a lovely barbecue, consisting of deer, lamb, and vegetables, with Pavlova for dessert. It all came from their own farm. Vegetables are more expensive than meat due to the severe winds which prevent the small plants from properly rooting themselves. We saw lots of windbreaks in the form of rows of trees. The head winds that we experienced were severe the whole time we were there.

December 31 came and went without a party as we had done 90k that day and the plan was to do 60k the next day.

Now we are heading to Hamners Springs, which are natural hot springs. The road is hugging the mountain and we are going up and down in the simmering heat. I lost the top of my water bottle while descending. All the water sprayed in my face. Luckily I kept my balance and then later met Carl with the car and my spare bottle. This was

our last stop before Christchurch. We enjoyed the hot springs but not the countless sandflies and the heat. It was a good ride; sometimes tough but it was good. I loved the trip. We clocked 1800k.

Thanks, Carl Rorison, for taking us on this trip. Happy New Year to all of you. May the New Zealand wind be always at your back.

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*A New Zealand Perspective*  
*December 98 - January 99*

*Sally Svensson*

Now wasn't that a party,  
And wasn't that a trip  
New Zealand stole my heart, man  
She's always on my lips.

Headwinds we had a plenty,  
From mountains to the shore,  
The rain and hail - they tested us  
But we just yelled for more.

Until Greymouth... decision time. Dan, Pablo, Ness, Corry and I caught a bus (sacrilege!) to Nelson. There our true summer holiday began. The rest of the gang (except Wendy & Tom) bussed to Motueka nearby. Ness & I cycled to Motueka a few days later with Pablo, stopping at the Ruby Bay vineyard in honour of his youngest daughter's birthday. We celebrated with the best wine, crusty bread & Brie cheeses-deluxe.

Hiking the Abel Tasman coast trail & swimming in the lagoon was a highlight. As Dan says, "Let's not be slaves to our bikes." This was our philosophy. Even though some days were the most exhilarating days of my life cycling - i.e. coming down the Haast Pass - many of the highlights of the trip were sans cycle. Doubtful Sound - fiord trip with Ness Corry & Dan was a great experience - also the free trip for four of us on the 1912 steamship SS Earnslaw-Queenstown.

After Christmas with the group, Ness & I set off with Pablo, our cheerleader, for Nelson and then over the 12k long Whangamoia Saddle followed by the Rai Saddle. We surprised ourselves by going 100km to Pelorus Bridge - actually there was no choice - no places to stay

enroute. The following day was the best. On to Picton via the scenic Queen Charlotte Drive which follows the Sound - seemingly endless ups & hairpin turns down with views to turquoise water and white, sandy beaches. Dan joined us via bus in Picton (he was kayaking with Judy Jackson in Abel Tasman the previous day). Had a lovely day off, taking a wine tour via bus to Blenheim... visiting and tasting the selection at four prize wineries, topped by a visit to a pub-part of a brewery. We were very jolly on our bus trip back. Pablo set off for Wellington via the Lynx ferry next day leaving Dan, Ness & me to cycle the east coast to Christchurch. The highlight was the second day. Dan passed me at 71km/hr... turned out I was going 67.5km/hr fully loaded, steep down & a tailwind. The same day we stayed in a sheep shearers' shed at "Pedallers Rest." The directions were: "Look for the white tank where the highway joins the coast." Saw Theresa and Wendell Green's names in the guestbook. Ness and I luxuriated in the owner's swimming pool in the afternoon surrounded by a 'Homes and Gardens' spread of lawns, statues and flowers.

New Year's was at Kaikoura, a whale watching town. It was our last day cycling together and we all agreed the most pleasurable of the whole trip. The coastal road was fairly flat with a beautiful beach around every bend. Areas of the sea looked like seal soup being thickened with seaweed undulating up and down.

To me, a trip to N.Z. is not complete without a visit to the North Island. Ness, Dan & I flew early to Auckland to be met by a friend who drove us to Whangarai (pronounced FUNG-A-RAY) a jumping-off spot for historic Waitangi National Reserve, the beautiful Bay of Islands, and lovely Russell.

Amused by the signs at "The Butchery", "Licenced Home Kill", and the body shops - "The Panel Beaters" - at the buses - "No Sticky Lollies" and the addition to a bridge in Auckland - "The Nippon Clip on."

The grand finale was three days spent on the Coromandel Peninsula at Whitianga. Ness and I shared a caravan at the "Cats Pyjamas" hostel. We rented mountain bikes (ours being boxed at the Auckland airport) and explored the various beaches along the coast, ending at the Hot Water Beach. We happily dug a hole in the sand and sat in a puddle of very warm water, not wanting ever to leave. Each day we woke and said - "Oh, another day in Paradise." I highly recommend anyone going all the way to New Zealand to take some time off the cycle, and see some of the spectacular areas unique in the world.

Thanks to Carl Rorison for his leadership and work organizing this trip and to all my fellow cyclists. My memories are of lots of laughter, challenges on the road, great beauty, and a peace and gentleness overall.

So here's to you, my Kiwi friends,  
And here's to you, my mates,  
We travelled far around the land  
And lived, and loved our fate.



## OTHER REPORTS

### Skytrain: VACC Working to Get Bikes On

Marion Orser, Vice President, VACC

Source: the Urbane cyclist, The Vancouver Area Cycling Coalition quarterly Winter 1998/1999 Vol 1 Issue 2

As a fledgling group with limited resources we have had to concentrate our energies on urgent cycling concerns. The SkyTrain extension is such an issue. If we don't make our concerns known ahead of time we will again be stuck with the status quo. We may or may not have an adjoining right of way for cyclists and it would probably have the same design flaws as the current 7-11 trail. Cyclists would not be allowed to take bikes on the train. There may not be bike lockers and racks.

Because of these issues we have started negotiating with the Project Planning Department of Light Rapid Transit.

The three issues identified:

- 1) Bikes on the right of way (ROW)
- 2) Bikes on the trains, and
- 3) Secure bicycle lock up at the stations.

The planning for the route alignment by the Project Planning Department is well advanced. There are currently *two sections* identified as problem areas for cyclists.

*The first* is the area along the Fraser River from New Westminster toward Coquitlam. In the New Westminster Official Community Plan this is a Multi Use Trail. Depending on the SkyTrain route chosen this greenway could be gone forever. There are no good cycle routes between New Westminster and the Lougheed Highway. To travel safely one must cycle along a circuitous and hilly route, or a downright dangerous route. A good SkyTrain alignment will provide an important link between New Westminster and Coquitlam.

The other area the VACC has identified that the SkyTrain route could provide better access to cyclists at Lougheed and Broadway - along the Burlington Northern Santa Fe rail ROW. By the time this newsletter is published VACC will have implemented an action plan to protect these areas. We should also have identified other areas of concern on the right of way.

*Our second demand* is bicycles on the trains. As a cyclist you are aware that the current trains do not accommodate bicycles. There are apparently two factors involved. The first is the design of the cars and stations and secondly BC Transit policy. The current cars are called Mark I and the new cars will be Mark II. Each train consists of all Mark I or Mark II cars. They will however be capable of running on the current line or the extension. Our understanding is that the new cars will be built to accommodate one bike per car. Planning for car design and stations start in the new year. The VACC hopes to be in at the start of this planning process.

*Lastly* we wish to insure secure bicycle lock up at the stations. This should include long term rental space, coin operated bicycle lockers, and appropriate racks. Again station design starts in the new year.

The public process for input into the route alignment has now begun for the areas from Lougheed Mall through Port Moody and into Coquitlam Centre, and from Clarke Drive and Broadway to Arbutus. As cyclists we must continue to attend these meetings and insure our needs are made known...

...What can you do? ... read on ...

- 1) Attend the SkyTrain open houses and speak and write about cyclists as users of the system and their needs.
  - 2) Join the VACC, and the committee working on SkyTrain issues.
  - 3) or write to:  
Lecia Stewart  
Project Manager  
Rapid Transit  
Project 2000 Ltd.  
214-1285 West Broadway  
Vancouver BC V6H 3X8  
Telephone 604 739 6985  
<http://www.Irtprojectoffice.com>
- Hon. Joy McPhail  
Minister of Finance  
& Corporate Relations  
248 Parliament Buildings  
Victoria BC V8V 1X4  
Telephone 250 251 5582  
Fax 640 660 1930  
e-mail  
[joy\\_macphail@bc.sympatico.ca](mailto:joy_macphail@bc.sympatico.ca)

### Five Good Reasons to Join the VACC

1. You would like to see better and more convenient cycling routes.
2. You would like to be able to take your bike on transit, including SkyTrain, to get out of the urban area and cycle.
3. You would like to take your bike by transit to the ferry or to the airport so you will have some energy left for the trip.
4. You would like to see a stop to the deterioration of formerly good cycling routes.
5. You have little time to help personally with such tasks but wish to support, by your membership, those who are giving their time for the betterment of conditions for all cyclists in the Vancouver area.

To join VACC as an individual member \$20/year  
Contact Marion Orser 604 520 7636 for a newsletter and membership form.

### JOIN US ON THE INTERNET!

If you have a computer and access to e-mail join our list serve by sending email to: [ADMIN@SUSTAINABILITY.COM](mailto:ADMIN@SUSTAINABILITY.COM) with the message join vacc in the body, nothing else. What could be easier!

### A Warm Welcome to New CCCTS members:

Dinsdale, Sheila Box 4261, Lower Nicola, BC V0K 1Y0.	250-378-4856
Glazier, Jocelyn 1002-555 13 Street, West Vancouver, BC V7T 2N8.	604-922-9363
Goldberg, Michael 7418 Soundview Dr., Edmonds, WA, USA 98026.	425-745-8763
Hofmann, Kathy & Eric RR4,S96,C16., Summerland, BC V0H 1Z0.	250-494-0897
Menard, Ed 2348 W 107 St., Lafayette, CO, USA 80026.	
Murphy, Marilyn 16B Benlea Drive, Nepean, ON. K2G 4A8.	613-224-4795
Reid, James & Geraldine R.R. No. 2, North Gower, ON K0A 2T0.	613-489-3085
Royer-Collard, Brian 892 Strongcrest Pl., Victoria, B.C. V8Y 1J6.	250-658-1008
Will, Kenneth & Cody 228 11th St. NW, Calgary, AB T2N 1X1.	

Membership as at FEBRUARY 4: 473

**Want another good reason to ride your bike? It's good for the sole!**

Source: Vancouver Sun, Nov 4/98 (as excerpted from the Richmond Bicycle Club Newsletter).

Every time you leave your car at home, consider it a small act of heroism on behalf of the creatures of the Strait of Georgia. Why? Car exhaust contains a pollutant called polycyclic aromatic hydrocarbons (PAHS).

PAHS settle back to earth and coat the streets until the rain washes them down sewers and eventually into the sea. PAHS are bad for fish: About 80 percent of English sole in some parts of Burrard Inlet have pre-cancerous lesions linked to PAHS. So, for the sake of the sole, take your bike instead of the car!

**The Greater Seattle Bicycle Expo**

The largest climate-controlled bicycle event

(Excerpts.) Source: Cascade Courier February 1999. Vol.29, No.2

By Ernie Grillo, Director, Seattle Bicycle Expo

February.....groundhogs, presidents, sweethearts, and Bicycle Expo. Fitting, isn't it, that Cascade, the country's biggest bicycle club, puts on the country's biggest and best bicycle show?

On February 19, 20, and 21 come to the Seattle Center (sic) to see why exhibitors from three different continents spanning 15 time zones make the Greater Seattle Bicycle Expo the "must go to" show on their cycling calendar.

Expo is your one stop for the best in bicycle shops, shows, clothes, hardware, rides, tours, and more. There is only one event that encompasses everything there is about cycling--- and that's Expo. Whether it's the culture, the sport, the gear, the community...even the way of life, the Greater Seattle Bicycle Expo has all of it for every age and skill level.

Expo '99 will have the most exciting line up of featured speakers and demonstration teams in Expo history.

Expo favorite Willie Weir returns, freshly back from a 2,000-mile cycling adventure in Cuba. National Public Radio has begun broadcasting tales of Willie's odyssey. At Expo, you can be one of the first to see the pictures that go with the stores. Not only a great speaker, Willie also won first place in the prestigious Lowell Thomas Travel Journalism Competition for his writings published in the *Seattle Times*. The US State Department recently lifted some restrictions on travel to Cuba. Was it Willie who opened the door to this cycling paradise?

Tim Bailey and John Greengo will show us via a stunning slide presentation that Iceland is a country of spectacular scenery. This is a "by popular demand" show. Cyclists who have seen their presentation wrote and told us it's a must-see. Their 2,139-mile self-contained journey took them to within five miles of the Arctic Circle.....

.....Want to try a bike you've never ridden before? The Arena Test Track will have road, mountain and recumbent steeds for you to try. Learn why recumbents were banned from racing by the USCF (too fast). Also see why riding a "bent" is like learning to ride all over again.....

.....Join us for the USA's largest climate controlled bicycle event!

# 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.

**Please note the following procedures for registration of tour participants:**

1. Members wishing to participate in a Tour are asked to submit their names, to be received before the fifth day of the following month (Newsbrief submission deadline).
2. On that day the names will be counted; if the number of names exceeds the maximum, a draw may be held.
3. Those failing to make the maximum cut will be placed on the waiting list in the order drawn.
4. Later requests will be added to the list in the order received.
5. Couples or groups shall not be divided by the draw provided they specify they are a couple/group when submitting. If they cannot be accommodated in the maximum, they will head the waiting list.

**Please note - when applying for tours:**

- 1) For information on tours contact tour leader.
- 2) To register for tours call the office.
- 3) All payments, whether for membership or tours, should be sent to the office with a note specifying 'to be deposited for' - either membership or name of tour.

## 1999 TOURS (listed in date order)

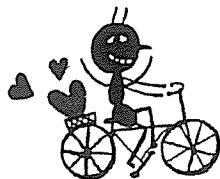
**Victoria Hub & Spoke**

May 5-9; Rolf Petersen 250 384 6804

We start on a Wednesday morning when Victoria riders will meet the ferry departing Tsawwassen 9 o'clock (arr Schwartz Bay approx 10:45 am). The first cycle tour will take us to "The Victoria Spring Picnic." After the picnic you will be taken to your accommodations as needed. This year there will be 5 day tours arranged in the Greater Victoria area, the last tour being on a Sunday, so anyone wishing to do so can catch the Mayne Island Monday morning (seniors' fares) ferry and continue on Theresa Keets' Tour for an additional 3 days of island touring. Please book at the office as usual.

Please arrange your accommodations with Victoria members... we are motivated, or call above phone number for further details.

Participants (9): Rolf Petersen, Janice & Ron Pickerill, Roger LaFontaine, Ed & Jackie Weinstein, Don & Maureen Holloway, Mary Whyte.



### Mayne Island Hub & Spoke

May 10-13; Theresa Keet 604 596 1953

Following Rolf Petersen's tour, take the ferry to Mayne Island, or come from the Lower Mainland, and enjoy a couple of days here, or explore the other islands.

Open itinerary and food arrangements...

I have enough room for 20 people either tenting or sleeping in the basement with your own sleeping bag & mattress.

Our house is a short ride from the ferry.

Participants (2): Theresa Keet, Mary Whyte.

### Toppenish Hub & Spoke

May 18-27; Dan Baris 509 865 2315

Maximum 50 persons. Cost: \$100 US = \$160 Cdn;  
\$10 Cdn non-refundable deposit. Balance due April 15.

Tour includes at least 3 meals, a two day winery tour with sag wagon and a night in a motel. You pay for the other meals and lodging or campground fees.

Cost in US\$: \$3/person/night for campsite;  
\$12-\$10/RV depending on hookups;  
motels vary \$67-\$45/room double occupancy.

Call for reservations for RVs at Yakima Nation Resort RV Park 1 800 874 3087 and identify CCCTS. Motel and other information will be given in response to applications.

Tour will be similar to 1996 Toppenish Hub & Spoke. Many facilities nearby including a golf course, casino, restaurants, etc.

Participants (37): Dan Baris, John Peck, Anna Markus, Carl Rorison, Laureen Morling, Ray Wright, Dennis & Freda Scolah, Clara & Wayne Waardenburg, Chris Siggers, Jim & Shirley-Mae Jeffrey, Art & Brenda Borron, Margaret Fyfe, Roy Barrows; Dan Kennedy, Glen Smith, Cathy Lynch, Bob Helms, Bruce McLean, Chris & Peter Kabel, Christina Radnai, Audrey & Bill Hannan, Dan McGuire, Ed & Jackie Weinstein, Andre Kaufmann, Pablo Bleiker, Bill Hook, Barbara Faulkner, Bob Douglas, Rolf & Sally Petersen.

### Okanagan-West Kootenays

Jun 27-Jul 10; Dan McGuire 604 942 3235, or,  
<dan\_mcguire@bc.sympatico.ca>

Maximum 24 persons. Estimated cost \$350, incl. campground fees, meals, and support vehicle. We have a volunteer driver. Non-refundable deposit of \$30 required by March 17 and the remaining \$320 by May 24.

A vehicle and mobile kitchen supported camping tour of BC's interior mountain region. The tour will start from Mara Lake near Sicamous and will go past spectacular scenery, historic places, forests, farms and vineyards; via the towns of Revelstoke, Kaslo, Nelson (rest day); along lakes such as Arrow, Slokan, Kootenay, Christina, Vaseux, Skaha, Okanagan and Kalamalka; along scenic rivers, the Columbia, Kootenay, Kettle and Okanagan; we will enjoy cycling in BC weather on days up to 100 kilometres across mountainous terrain including five summits, with climbs over 1100 metres (2500 ft.) per day.

It is expected that most participants will tent but cabins or motels are available near all campsites, with arrangements to be made by the user. Each participant will take a turn on a cooking team, about once per week.

Participants (24): Dan McGuire, Adrian Thomson, Anna Markus, Carl Rorison, Bruce McLean, Jim Grayson, David & Truus Clark, Jan Johnson, Eleanor Bannister, Jean Horrocks, Sonja Joos, Ed & Jackie Weinstein, Roberto & Sonya Bardati, Eric & Kathy Hofmann, Bruce Ross, June Gallagher, Robert Curr, Cathy Lynch, Sally Svensson, Ness McCulley. ...cont'd

Waiting (10): Ingo Vanderveer, Michael Goldberg, Rolf & Sally Petersen, Wayne Waardenburg, Fritz Niebisch, Bill Hook, Barbara Faulkner, Ian & Inge Polley.

### San Juan Islands

Jul 12-21; Bob Douglas 604 435 3893

Maximum 30 persons. Opportunities for cycling, hiking, swimming and normal tourist activities. Tenting with support vehicle. Driving will be share by participants. Estimated cost \$300 Cdn. Deposit of \$20 by Jan 15; Balance of \$280 by Jun 1. Pay your own ferry fare which should be under \$10/US. Nights in camp: Larrabee State Park (1), Deception Pass (3), San Juan Island (2), Orcas Island (2), Lopez Island (1), Larrabee State Park (1).

Participants (30): Bob Douglas, Joan Enman, Jim Betts, Jerry Brereton, John Peck, Bryan Riggs, Donna Nicholas, Bob Miller, Dan Kennedy, Bruce McLean, Raynel Merness, Monty Peters, Neil Dobson, Christina Radnai, Dora Ellis, Leslie Hunnie, Sheila Dinsdale, Sherry Holgate, Audrey & Bill Hannan, Frank Weber, Dennis & Freda Scolah, Fritz Niebisch, Helen & Roy Goodchild, Carl Rorison, Barbara Hetzer, Cody & Kenneth Will.

Waiting (1): Ian Stewart.

### Tour de la Belle Province de Québec

1999 Aug 7-26 (please note date change);

Marthe Lambert 418 871 0338 Fx 3380, and  
Lise Brooks 819 827 2943 or cabrooks@cyberus.ca

Wagon master: Sally Petersen.

Maximum: 27 participants. Non-refundable deposit of \$20 will be required to confirm registration. Final cost est. \$700.

Distance: 1191 km. Departure from and return to Ottawa. Support vehicle, tenting/hostelling available in Montreal, Quebec City, and Sherbrooke; 2 rest days in Montreal & Quebec City, permitting time for tours and sight-seeing (a total of 15 riding days and 5 rest days).

Leaving Quebec City the tour will head south towards the Eastern Townships, the Chaudiere-Appalaches range, the beautiful country side of the Estrie region, on to the university town of Sherbrooke, and the scenic rolling hills of the Magog & provincial park area. We will then head southwest running parallel to the U.S./Vermont border, across the Ottawa River at Hawkesbury and travel west to Ottawa on Quebec route #148.

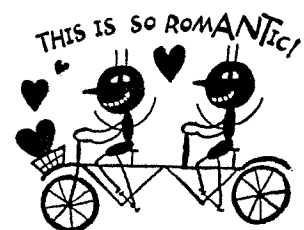
Members wanting to sight-see in Ottawa will be able to spend two days touring with the Hub & Spoke day trips around the capital (following).

Participants must be prepared to ride distances ranging from 80 to 115 km. Shorter days have been planned for the hills in the Chaudiere-Appalaches, Eastern Townships, Estrie and Monteregion region.

(Participants will be listed in the March Newsbrief.)

### Ottawa Hub & Spoke Tour

1999 Aug 25-30; Garfield Clack 613 729 9384  
e-mail <ay915@freenet.carleton.ca>



### Around Lake Ontario Tour (ALOT)

1999 Aug 29-Sep 16;

Information: Garfield Clack 613 729 9384 (after April) or  
e-mail <ay915@freenet.carleton.ca>

Gerry Sutherland 613 828 9502 or <nstn1279@fox.nstn.ca>

Tour leader: Bill Augusteijn <augusteijn@globalserve.net>

Wagon master: Sally Petersen.

Camping with support vehicle and driver, cooking teams, maximum participants 25. Cost estimated at \$700 with \$100 non-refundable deposit by May 1.

The tour is being planned from Ottawa, but participants should register and pay in the usual manner through CCCTS Burnaby office.

The tour will have 15 cycling days along with 2 rest days in Niagara Falls and a day in each of Toronto and Kingston.

Using most of last year's route, this year's trip will expose the participants to the essence of southern Ontario and upper New York state. From the beauty of the nation's capital we travel through the quaint town of Merrickville and on to Brockville and the university town of Kingston; then over to New York state by 2 ferries across the mighty St. Lawrence and on through the quaint communities of Sackets Harbour, Oswego, Pultneyville (the end of the 'underground railroad'), Hamlin Beach, and back to Canada at Niagara Falls ('honeymoon capital of the world' and the Shaw festival nearby). By bicycle and bus we travel to Toronto for a day of sightseeing (the world's tallest free-standing building, the Skydome, museums, etc.). Then on to typical small-town Ontario, passing through such towns as Bowmanville, Brighton and Picton, before returning to Kingston. After a day of sightseeing we meander along the famous 'Perth Road' to Perth, and then, all too soon, it's over and we are back in Ottawa.

*(Participants will be listed in the March Newsbrief.)*

### Fraser Valley Hub & Spoke

Sep 8-14; Wayne Waardenburg 604 826 3044.

Daily assembly point: Matsqui Village Park, Riverside Rd, Abbotsford

Time: 9 am

Length of daytrips: 60-90 km; most routes are fairly flat.

Accommodation: Out of town participants are invited to stay at our place; we have ample room for tents and a few RV's.

If enough people sign up we will have our meals together, utilizing

our double garage instead of the shelter.

Facilities include: 3 bathrooms, 2 showers, rec. room, washer & dryer.

Maximum: 25 campers

Nearest motel: 5 km.

Cost: T.B.A. (no camping fee).

Before signing up, potential participants should consider the following:

- 1) We live close to the CN main line; train traffic noise may be bothersome;
- 2) RV's must be self-contained; no hook-ups;
- 3) Since you are on private property some house rules apply: no smoking, swearing, or foul language in the house. No maid service - clean up after yourselves.

## 2000 TOUR

### Cross Canada 2000 (Coast to Coast)

2000 May-Aug; Barton Howes 250 378 0927

A vehicle supported camping tour with days off/rest days at residences of universities or facsimile in larger centres. Starting time: last week of May, ending in August. The route will bypass Northern Ontario. Participants must be prepared to ride 90/100kms daily. \$30 non-refundable deposit to be submitted with application. Final cost +/- \$3000 will be announced by June 30/99.

Participants (21): Barton Howes, Sally Svensson, Glen & Jean Smith, Dennis Flewelling, Marthe Lambert, Renard Préfontaine, Robert Boyack, Jack Roy, Marilyn Murphy, Jackie Weinstein, Timothy Pickering, Richard Gibbs, Eric & Kathy Hofmann, James Erickson, Suzanne Gagnon, Shirley Fisher, Sharon Lindsay, Lorraine Singh, Sonia Joos.

### PROPOSED TOURS

*Please note: the following tour ideas are in development stages and have not yet been approved.*

#### Provence, France

1999 mid-Sep-Mid-Oct; André Milaire 604 874 4801.

*André is in the process of taking over the reins from Leo LeCouteur and will soon submit a proposal.*

## JERSEY QUESTIONNAIRE TEAR-OFF SHEET

### How about a new jersey to mark the millenium?

We are running out of stock of the current jerseys (red, black and white with vertical stripe, maple leaf flag and club logo) and would like to hear from the membership what you feel about the design.

*If you feel it's time for a change, take this opportunity to enter a competition for a new jersey design.*

You are invited to complete the form on the other side of this strip with your comments and fax or mail to:

Jim Jeffrey, Fax 604 943 2008 or 233 Morning Side Dr., Delta V4L 2M3

Meanwhile, André's still got a few of the old favourites - treat yourself or a special valentine!

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**VANCOUVER & Vicinity WEEKLY RIDES****Sundays:**

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

**Tuesdays/Thursdays:**

- **Ladner-** Meet at 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.
- **Pitt Meadows-** Meet at 10 am at Lougheed Hwy & Dewdney Trunk Rd (turn right at 1st traffic light after crossing Pitt River eastbound).  
Contact Margaret Fyfe 433 4115 or Roy Barrows 939 8989.

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**VANCOUVER ISLAND WEEKLY RIDES****Sundays:**

- **Victoria-** Meet at 9 am at Big Apples Bagels at the Saanich Plaza.  
Contact Horst Hees 250 389 1152, or Rolf Petersen 250 384 6804.

**Tuesday/Wednesday/Saturday:**

- **Duncan-** Meet at 10 am at A&W, Island Hwy.  
Contact Cathy McPherson 250 743 5616.

**Wednesdays:**

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

**Thursdays:**

- **Nanose/Parksville-** Meet at 10 am at Nanose Place, 2925 Northwest Bay Road.  
Contact Diana/Al Lifton 250 468 5696.

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**OTTAWA WEEKLY RIDES**

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

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**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.

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**OTHER EVENTS**

**Feb 19-21 The Greater Seattle Bicycle Expo, Seattle Center** - see story, p. 5, excerpted from Cascade Courier, the newsletter of the Cascade Bicycle Club Full colour brochure in the newsletter box on the CCCTS office desk.

**Feb 28 Chilly Hilly '99** - "Come join this winter blast! ...ride 33 miles around Bainbridge Island (ferry from Seattle downtown waterfront) and climb a hill or two (2200' of hills), stopping along the way for food and cider. After getting back to Winslow, either head for the chili feed at the Winslow Commons or patronize any of the fine establishments in downtown Bainbridge Island. Follow that with a relaxing ferry ride back to Seattle." You should register by mail as event is limited to 4500 riders and can sell out (form in newsletter box on the desk at the CCCTS office).

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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 of the month.

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

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

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### Jersey Questionnaire Response and/or Competition Entry Form

Please indicate your preferences as to the following, sign your name at the bottom, and mail to the address on other side:

- 1) Design - check either: new design  or, no change

If you chose new design,

- 2) Colour preferences \_\_\_\_\_

- 3) Your design suggestions \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Let your imagination loose! Add your design drawings on a separate sheet.

Name: \_\_\_\_\_

# NEWSBRIEF

*The Cross Canada Cycle Tour Society*

Vol. 16 No. 03

March Editor Rolf Petersen rolf.p@home.com

March 1999

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
<http://www.vcn.bc.ca/cccts/>

Tel / Fax: 604-433-7710  
E-mail: [cccts@vcn.bc.ca](mailto:cccts@vcn.bc.ca)

## **P**resident's Report. **Dennis Parsons**

Rolf has volunteered to alternate with Mary in publishing the Newsbrief and only now have I come to realize how much work goes into this enterprise. It is a wonder anyone even lasts a year. I have nothing but admiration now for those who went before-----John Peck, John Philip, Rowan Ley and all and several editors way back to 1982. To ease the load considerably contributors are needed. Fighting to keep the number of pages down to the minimum is a pleasure compared to finding enough fillers to make the Newsbrief worth mailing.

And contributors are needed in other areas within this Society. I think of the tours where people load and unload the truck, raise and lower the shelter, prepare meals. (even carrying water s a contribution ) We have a person appointed as shelter supervisor, beverage supplier, victualer or treasurer. The last mentioned is excused kitchen duties ! I cannot mention the time spent by your executive on Society affairs but must emphasize the important role of the tour coordinator. He/she spends weeks and weeks of nervous energy in preparation and is still responsible after the launching. Shouldn't we consider sparing him the trauma of kitchen duty ? He would have time then to bug the treasurer.

The message is **CONTRIBUTE**.....that  
Is the secret of success in **our Society**.

## *Spring Social*

*Thursday, 22 April  
Time 11 am to 1 pm  
South Central Rec Centre  
The Longhouse*

**Your Host: Carl Rorison 604 530 6289**

## Celebrate 85 and still Cycling.

On March 4<sup>th</sup>. a long time member, Harry Lang reaches his 85<sup>th</sup>. Birthday. Harry is remarkable because he is still riding a bicycle with us. Every Tuesday, weather permitting, Harry arrives at Ladner with his bicycle on the back of his car, dressed in his cycling clothes, smiling, ready to cycle. He has been on many tours ; Africa, Holland and New Zealand. He doesn't go on tours now as he likes the day trips better.

If you ask Harry how come he is so healthy and energetic, he says it is his healthy lifestyle and lots of vitamin pills. I think Happy Hour every day contributes as well.

Harry bought a brand new bike two years ago, so there should be lots more years of cycling, at least until the bike wears out. Congratulations Harry, and carry on .

E.Folk

## Coming Events.

### **April**

Thu Apr 22 Spring Social, South Delta Rec Centre 11am-1pm  
The Longhouse

### **May**

May 5-9 Victoria Spring Picnic; Hub & Spoke Tour  
May 6 Directors Meeting, Sidney  
May 10-13 Mayne Island Hub & Spoke  
May 18-27 Toppenish Hub & Spoke

### **June**

Jun 27- Jul 10 Okanagan- West Kootenay Tour.

### **July**

Jul 12-21 San Juan Islands Tour.

### **August**

Thu Aug 5 Annual Picnic, Deas Island Park  
Aug 25- 30 Tour de la Belle Province de Quebec  
Aug 25-30 Ottawa Hub & Spoke  
Aug 29- Sep 16 Around Lake Ontario Tour (A LOT)

### **September**

Sep 8- 14 Fraser Valley Hub & Spoke

### **December**

Wed Dec 1 Banquet & Dance  
Thu Dec 2 Annual General Meeting

# NEWSBRIEF

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 5<sup>th</sup> of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS.

Membership fees: Single \$ 25; Couples \$ 35. The month your dues expire is shown on the address mail-out label.

## 1998 / 1999 DIRECTORS.

President	Dennis Parsons 250 881 1170
Vice/Pres./Tours	Ted Stubbs 604 321 2784
Treasurer	Bob Douglas 604 435 3893
Secretary	Catherine Lynch
Equipment	Jim Jeffrey 604 943 0924 Dan McGuire 604 942 3235
Membership	John Peck 604 538 0195 Carl Rorison
Newsbrief	Mary Eickhoff 604 535 2513 Rolf Petersen 250 384 6804
Office Manager	Glen Smith 604 521 1007
Social Convenor	Carl Rorison 604 530 6289
The Island	Horst Hees 250 389 1152
Senior Games	Barbara Hetzer 250 995 8430
Tours Assistant	Bob Miller 604 263 3905
C to C 2000	Barton Howes 250 378 0927
Club Contacts:	
Ottawa.....	Garfield Clack 613 729 9384
Calgary.....	Zel Harvie 403 228 4934
Club Jerseys	Andre Kaufmann 604 581 3923

## *There is no Life like it.*

Doesn't that sound like a recruitment poster for the Army?

Last month in preparation for my first go at the Newsbrief accompanied by Brenda Borron and our illustrious President, we boarded the first Ferry in the morning. Little did we know on leaving our little "Pacific Isle", what awaited us on the mainland. After consuming and surviving the On-board breakfast consisting of runny porridge sans raisins (in the afternoon with an additive it's called clam chowder, Boston style) and coffee we were almost awake.

Mary Eickhoff your Editor in waiting was doing just that very patiently, to give us a lift to the Office. Living in a balmy climate we were ill prepared for the snowstorm that had left a bunch of the white stuff behind. Mary being the expert driver and ex-albertan she is, knew all the short cuts. 2 ½ hours later through ice and snow and the worst traffic jam I have ever seen we arrived at the office on Burnaby Mountain.

In spite of the rotten weather the whole Newsbrief crew was there; Eva Folk, Bob Douglas, Carl Rorison, John Peck all busy working away. So between us we folded 450 Newsbriefs inserts, licked 450 stamps, envelopes (Glue tasted like porridge), address labels and got it ready to mail out to the eager readers.

It was here I heard the tale of the Monday to Friday office volunteers (imagine retiring to that) and how they came to be known as **The Mouseketeers**. Glen Smith and his merry men, Ray Bremner, Ted Weinstein, John and Bob.

One day Glen said "who has been eating my raisin cookies?" "Not I" declared his merry men. So they soon figured out there were more raisins than cookies, which lead them to believe that Mighty Mouse was the culprit. So they schemed and set traps and at last count the score was 7 - 0 in favor of our brave Mouseketeers.

The moral of the story : Don't leave food in the office on completion of trips. Glen is now looking for one more helper, will train, no experience necessary.

By the way we did get home eventually, "and no we didn't have the Clam chowder"....

## *Office help wanted.*

Join the Happy Gang at the Office. Volunteer to help remove and recycle office garbage. It consists of waste paper and cardboard boxes which accumulate from day to day activities and mailing the newsbriefs. It would only have to be done about once a month. With the newsbrief being done over here every other month it may even be less. What has stimulated me to ask for a volunteer was an event yesterday where I got caught dumping our garbage in a neighbors dumpster across the street. I had asked the paper clothing factory across the street if I could put it there last summer. Yesterday I did it and all hell broke loose. I live in a strata townhouse development and I have snuck bags of garbage into our dumpster but the strata are having so much trouble with overflowing dumpsters I am afraid to continue doing it.. A lot of the other volunteers live in apartments or use the skytrain so are limited in their ability to remove garbage... I would like to get some more volunteer activity and participation. Garbage may not be a good entry mechanism for volunteers but any way we need some one with a vehicle to help remove and dispose of it once a month.

Please contact Glen Smith at 521 - 1007

## *Victoria News Flash*

Please note change in the venue for the Monthly birthday bashes. Columbo's is closed for renovations for the month of March and will reopen under new management and name; Maguire's. For the month of march only, we will meet across the street at Maple Gardens Restaurant, 7816 East Saanich Rd. Returning to Columbo's now named Maguire's (confused) in April.

## **Chuckles.**

The Judge fined a motorist \$25 for speeding, and gave him a receipt."What am I supposed to do with this, Frame it?" snapped the driver.

"No, save it," replied the judge."When you have three, you get a bicycle."



## Take heed: Terry's fate is a lesson for all.

On December 15 last, Terry van Fleet was riding his bicycle along Blanshard Street, Victoria, when he was struck from behind by a truck. He was thrown onto the hood and windshield, and then catapulted into the box of the truck where he died. The driver sped away, and the truck was found later in a driveway with Terry's body still in the back.

This type of accident is uncommon, but one most feared by many cyclists. The following excerpts are from an article in Cycle Therapy Magazine, written by Ray Hall, nationally certified Can-Bike instructor, in which he suggests measures cyclists can take to minimize the risk.

"From all reports, Terry was doing everything legally required of a cyclist. What can we do differently? Meeting the minimum requirements for visibility is not enough when riding at night in the rain. Three small red flashing lights with 10 square centimetres of red reflector is not enough to separate you from the background. Impaired motorists need

lots of time and distance to react. Reflective vests make a big difference at night in the rain. So does adding reflective material to your clothing and bike. A simple and very effective addition is a reflective ankleband. It moves as you pedal and is low on the bike, making it very eye-catching. Since 80 percent of bike accidents happen in front of cyclists, get as bright a headlight as you can afford. Use the light any time visibility is reduced, even if it's not night time. Blanshard Street is a lower-stress riding environment. It has bike lanes and controlled access. It is a fast, easy ride and one of my favourite commuter routes. But it is not totally safe. Traffic is moving very fast, 70 to 80 km/h, and it is a high volume road. The painted line is no protection from a motorist who spills their morning coffee in their lap. Quieter, slower roads may not be as wide but reduced speeds give the motorists more time to react and there are fewer distractions. Do you carry identification? Any plastic card with your name and a contact will do. Have the number of

someone who knows you well enough to supply the police with identification. I have a plastic label maker strip with my name and parent's phone number in my helmet.

What can we do about drunk drivers? They account for one quarter of hit-from-behind accidents, .01% of .04% of all bicycle injury accidents. Don't ride after 10.00 pm on Friday or Saturday nights, particularly when visibility is reduced. If you must, add extra lights etc. and choose your routes accordingly. The difference between stress and fear is knowledge. If we stop riding, we admit defeat by a system that is just starting to recognize us. The average motorist on our streets is more fearful of us and for us than we are. Honour Terry van Fleet's memory and stay a visible presence on our roads.

From Cycle Therapy.  
Introduction and Edit by Brenda Borron

## I am the Law !

Five of us went cycling on Nov 10<sup>th</sup>, we met at Wembley Mall in Parksville. Five seniors all experienced cyclists. We cycled through Qualicum Beach and along the old highway to Qualicum Bay where we had lunch before returning by the same route.

As we made our way back we noticed a police car parked on the other side of the highway, facing the other direction on a four lane highway, just at the top of a hill only a few miles from Qualicum Bay. As we rode along single file on the shoulder, the police car with lights flashing made a u-turn and followed a truck with a load of wood which had just passed us going at moderate speed. Shortly after we moved out onto the highway proper to avoid both the police car and the truck which were parked on the shoulder. We saw the truck driver hand the policeman, who had his back to us a piece of paper.

A short distance further on the road started to go down hill and our speed increased, it quickly became apparent that the shoulder was unsafe due to uneven gravel and debris, it was inviting an accident. I therefore moved out onto the highway proper i.e. to the left of the white line that separated shoulder from highway, this being free from the debris of the shoulder.

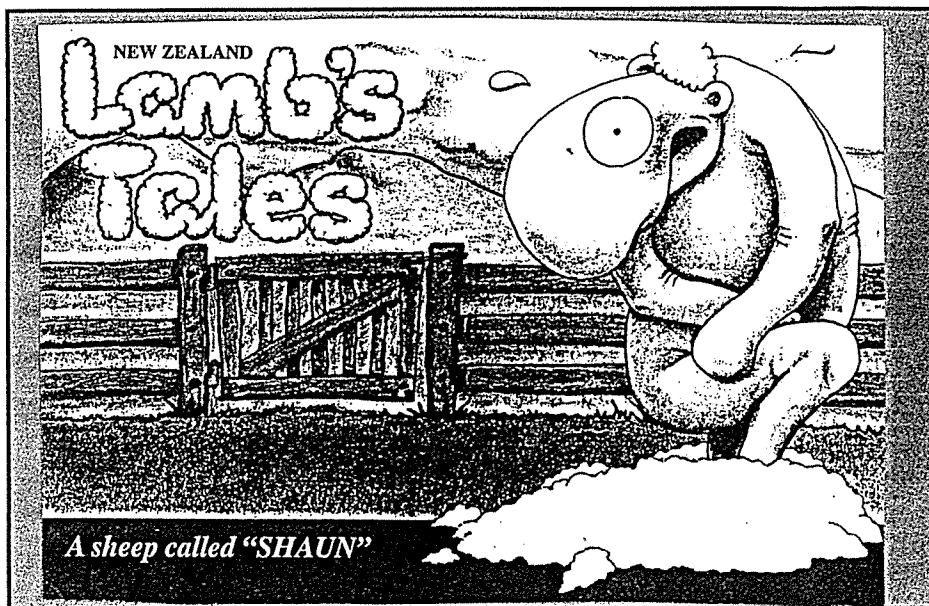
Soon we neared a narrow bridge (The Little Qualicum) with no shoulder, therefore with a quick check to ensure there were no cars in the vicinity, I moved out in the middle of the lane as recommended in such situations and crossed the bridge.

After crossing the bridge I moved back to the shoulder and stopped. I was shortly joined by my wife and one other member of the group. As we waited for the other two members, the

police car pulled up behind us. The police officer got out of the car, walked towards us saying words to the effect he was telling us what he had told "the lady back there" that we must ride to the right of the solid white line, while pointing to the line separating the highway from the shoulder. He told us we were not allowed to cross that line. I replied that we always rode on the shoulder - an incorrect statement. I should have said we normally ride on the shoulder except for the short distance as described above. I for one had in fact been riding on the left of the shoulder line. The shock of being apprehended by a policeman had dulled my mind, I was trying to cope with the statement that we were not allowed to cross the line. I told the officer that I disagreed with that statement and that the motor vehicle act did allow us to ride on the left of the line as, under the act we are required to ride to the right as far as is practicable and that did not mean cyclists were not allowed to cross the line at any time. I added that we had the same rights and obligations as a motor vehicle.

The policeman would not accept this interpretation of the motor vehicle act and among other things said "see these clothes? these are police clothes, I'm wearing these clothes therefore I am a police officer. See that car? That is a police car and I am here to enforce the law. Do you think that I don't know the law? I can see that I'm not getting anywhere, so just cross that line and I'll give you a ticket and you can tell all that to a judge".

The policeman drove away leaving behind a group of confused and frustrated cyclists.



## We're All Mates in New Zealand

Well I'm back, in the white woolly, icy season of Ontario again. Trying to convert my mind to x country skiing and scraping the ice off my car! I suppose the four true seasons are good for one's immune system but personally the winters here are getting too long for me and after "Santa in the Sun" in N.Z. I'm spoiled. To quote the driver I met in Kaiteriteri "There's bugger all up ere mate"!

After delaying my flight home and sleeping with 'The bums' overnight at Toronto airport, very amusing, cos I missed the last flight owing to two buses refusing to take my bicycle and me to terminal three, I realized as soon as I got home, I was guest of honor at my local clubs annual dinner and was due to give a talk on Alaska that same evening. Well it worked.

Two sherries and a roast beef dinner later. They dressed me up in a "Klondike costume" complete with feather bowler and fishnet stockings and I was away. I told them the now famous legs had gone up to \$10 a touch and discreetly lifted my skirt. I was a celebrity, and finished up with a little chat about N.Z. Mixing my "way to go mate" with "Sam McGee".

My N.Z. cycling trip was the best so far. I hope we continue to do it Bi annually. So much to offer, a cyclists paradise.

Arriving at Christchurch. And meeting "Pablo" on the last flight, I told him he looked like Van Gogh? To which he replied "oh! but I have one ear too many". The rest of the crew were just as friendly and humorous, more new faces, another family and wonderful support.

The rides to each town/city were fabulous and always' full of interest. That canal ride past Mt Cook where the bike was almost horizontal in the strong x wind. Then another time, an extra long hill that turned into multi hills forever, I sing nursery rhymes, curse, and count to a hundred half a dozen times. Then, it's not bear bells that turn me off. But somebody's Teddy Bear Mascot looking me in the face and I break into giggles singing The Teddy Bear's Picnic! This is what I call uphill release.

AT Havelock six of us went out to a supper of mussels'. I ate two bowls full, delicious, but never slept a wink. I mentioned this to Dennis the following morning who remarked "I must have had muscle spasms". "Way to go mate" Did I mention the huge red pine trees in N.Z. The seeds were brought here to plant centuries ago. Another tree 'Pohutukawa' has red fluffy balls blooming and is appropriately called the Xmas tree by locals very pretty on the coast. Also ran into some Canadian geese, their heads went up as I yelled G day eh! The traditional dessert in N.Z. was 'Pavlova' a huge round meringue covered in whipped cream with sliced peaches atop. Yummy!

Why are the sheep so stupid? You ring your bell and they run away, you have your lunch in the field and they creep up behind to see what your eating then flees again before you can make friends. I think all that shearing takes away their dignity. Why don't dress them in jerseys to advertise their products? Give em' back their self esteem.

Tekapo (Peekabo) means Teka in Maori, sleeping mat. Po Means night. I came across Tituani at one stop but never found out what that meant. But I think it means titty your hungry, Good on yer mate-----.

Boysenberries, avocado, cherries pick your own were the in things around Kaiteriteri. With grapefruit lemons and plums free for the picking at some backpackers stops.

Oh one other thing. As I was packing to leave in the lounge of the Dreamland Hostel I thought that I looked pretty nifty in my going away outfit of grey warm up pants and Alaskan sweatshirt very smart and in comes Pablo "hello sunshine, how are things in Glchamorra?" "Fine Pablo I'm packing". "I'd better leave you so you can get dressed" he says. He thinks I'm wearing pyjamas !!

Cheerio Mates.

Betty Darvell-Jones.

(alias Queen Elisabeth of the North)

### For Sale

19" De Vinci, Caribou Touring Bike (as new); 700 C wheels-Mavic UB open rims; SS spokes; Continental tires. Shimano 100 RSX equipped with STI, canti brakes. Wide gearing range for Touring. 21 Speed . Forest green.  
Asking Price \$ 600  
Barbara Faulkner  
(250)721-1684

HAPPINESS was:

- being promptly reimbursed by Air NZ for the costs of repairs for damage to my bike discovered on arrival at Christchurch
- any day with no flats
- having Horst available and willing to change my 2 flats in one day due to faulty tubes (I have yet to master that feat on my own, I'm ashamed to say)
- any day with no headwinds...if which there were maybe 3
- being able to draft behind Pablo, Dan or Dora during some of the fiercest headwinds..which helped me reach my destination
- any day not too hot, too cold, too wet or with too long a ride
- any time there was a tent spot available at our accommodation site
- being able to still put up my tent when the rain stopped after a couple of drenching days
- enjoying each day's kaleidoscope of marvelous N.Z. scenery
- managing the last uphill of each day (and all before as well)
- any downhill
- a day's kayaking on the Abel Tasman with Dan who paddles like he pedals...fast!
- finding a food store open after a 4-day New Year's closure
- having a free BBQ Xmas dinner at my campsite at the invitation of the proprietors
- receiving a free (extra large) T-shirt from my Xmas proprietors (priced at \$16 in the shop)
- having Carl J with the car each day to take the baggage (what a life-saver!)
- sharing some of Pablo's great cooking...especially the Franz Josef omelet, and Dennis' mean curried macaroni and cheese
- sampling (2 helpings of) Betty's scrumptious trifle at our Jan. 5<sup>th</sup> pot luck. Mmm, mmm!
- doing stretching exercised with Dora
- seeing Carl R's enthusiasm at searching out and finding the Southern Cross (Crux Australis)
- observing the full moon rise over the mountains/hills (mountainous hills) and wend its way across the night sky
- having a right hand mirror (thanks to Dennis)
- finding e-mail outlets along the way
- finding circular clotheslines where clothes dry in 2 min. in the sun and wind
- a 1500 km. car tour with Lois and Corry which went from Auckland -Bay of Islands-Wangarai-Mangawhai-Whitianga-Rotaruua-Auckland with all the sights and great people met along the way
- having Lois' brother-in-law store, then deliver my bike to the backpackers in Auckland while I went on to Australia, including Tasmania
- visiting with Trish and her mother in Brisbane where Trish treated me to a day's tour of Fraser Island, lent me a Salman Rushdie book and some warm clothes for hiking if needed, and Mother cooked some great meals
- booking a wilderness tour of Tasmania through a travel agent in Brisbane
- visiting Cynthia (an immigrant from S. Africa) in Sydney with whom I revisited the quay and Darling Harbor areas by car or walking and who lent me the book Angela's Ashes that has been on my want-to-read list for ages
- visiting Joyce and Haldon in Moe (2hr. by train from Melbourne), who showed me the environs and drove me to lunch with an 83-yr. old lady who had stayed with me during Expo '86
- finding that the new pair of hiking boots purchased in Brisbane caused me no blisters, while the other 2 hikers' feet were well taped. (I now own 4 pairs and this is the most comfortable)
- driving a rental car 677 km. in 10hrs. (2 days x 5 hrs. Each) from Hobart along the very scenic west coast of Tasmania to rendezvous with the hiking, biking & rafting tour in Launceston. No bus was going that way at that time.
- \*\*-\*getting back to flush toilets (tsunami is heaven, Dennis) after our 3-day hike in the Walls of Jerusalem area where we had to be sure our 'solids' were in a plastic (garbage) bag inside a small, plastic porto-potty, the contents later to be carried out by our guide to the nearest outdoor privy, about 1 1/2 down the mt. (Like the Grouse Grind). He was indeed a 'trooper' but said it was the guide's gut-retching job as part of the company's policy to preserve the pristine ecology of the secluded campsite. He did say some guides don't keep their breakfast down at this time.
- getting back to clean water and hoping not to have contracted giardia after having to refill a water bottle from a lake wherein swam ducks & a black swan or two
- having a back pannier-carrier and toe clips installed on my mt. bike for the 4-day cycle part of the tour
- being presented with a yellow T-shirt & rubber gloves by 4 youngsters (aged 28, 31,34,&39) on the cycling part of the TasEx tour for my 'performance'. They claimed I was ahead most often each day (except for those hills).. And definitely pitched in most often to help with the dish washing after the leaders' good meals.
- seeing 2 tiger snakes mating on a casual hike the leader & I took while the rest were rafting...and living to tell the tale. We were without our boots & gaitors and anti-venom kit and the male did start after us...but luckily he was still a bit cold and more interested in returning to his mate. Wendy said that was the first time she'd seen such a thing in the wild and was most happy. She claimed that kind of snake is the 4<sup>th</sup> most venomous in the world.
- touching down safely at Vancouver airport after a lengthy series of legs from Hobart-Melbourne-Auckland-Honolulu-Vancouver.
- being met by Gilles who delivered my boxed bike to Carleton's to be properly re-assembled

HAPPINESS WAS ..... a GREAT! Thank you, everyone!

# CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable 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, CCTS 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.
- Wear approved Helmet when cycling.

**Please note the following procedures for registration of tour participants :**

1. Members wishing to participate in a Tour are asked to submit their names , to be received before the fifth day of the following month (Newsbrief submission deadline ) .
2. On that day the names will be counted if the number of names exceeds the maximum , a draw will be held .
3. Those failing to make the maximum cut will be placed on the waiting list in the order drawn .
4. Later requests will be added to the list in the order received
5. Couples or groups shall not be divided by the draw provided they specify they are a couple / group when submitting . If they cannot be accommodated in the maximum, they will head the list.

**Please note - when applying for tours :**

For information on specific tours contact tour leader.

To register for tours call the office.

All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour. <

## ***1999 Tours (listed in date order)***

### **Victoria Hub & Spoke**

**May 5 - 9;** Rolf Petersen 250 384 6804 rolf.p@home.com  
We start on a Wednesday morning when Victoria riders will meet the ferry departing Tsawwassen 9 o'clock (arrival Victoria approx. 10:45). The first cycle tour will take us to the annual "Victoria Spring Picnic ". After the picnic you will be taken to your accommodations as needed. This year there will be 5 day tours arranged in the Greater Victoria area, the last tour being on Sunday, so anyone wishing to do so can catch the Mayne Island ferry Monday morning and continue on Theresa Keets' tour for 3 days of Island Tours. Please book at office as usual.

Please arrange your accommodations with Victoria members.....we are motivated , or call me for further details .

Participants ( 23 ) : Rolf Petersen, Janice & Ron Pickerill, Roger LaFontaine, Ed & Jackie Weinstein, Don & Maureen Holloway, Mary White, Shirley Mae & Jim Jeffrey, Rachele Amiot, Tom Doug, Betty Darvell- Jones, Horst Hees, Bill Augusteijn, Sally Svensson, Kathryn Jeronimos, Dennis Parsons, Carl Rorison, Anna Markus, D. Ellis, B. Ross, Len Jenkins, Bryan Riggs

### **Mayne Island Hub & Spoke**

**May 10 - 13;** Theresa Keet 604 596 1953

Following Rolf Petersen's tour, take the ferry to Mayne Island, or come from the Lower Mainland, and enjoy a couple of days here, or explore the other islands.

Open itinerary and food arrangements.....

I have enough room for 20 people either tenting or sleeping in the basement with your own sleeping bag and mattress.

Our house is a short ride from the ferry.

Participants:(12) Theresa Keet, Mary Whyte Horst Hees, Dennis Parsons, Alyce McKay, Bosco Chang, S.Mather, R. Douglas, D. Ellis, Dorothy Kennedy, Bruce Ross, Catherine Mick, Bryan Riggs

### **Toppenish Hub & Spoke.**

**May 18-27;** Dan Baris 509 865 2315

Maximum 50 Persons. Cost \$100 US = \$160 Can.

\$10 Can. Non-refundable Deposit. Tour includes at least 3 meals, a two day winery tour with sag wagon and a night in a motel. You pay for the other meals and lodging or campground fees. Cost in US \$: \$3/person/night for campsite.

\$4/person teepee (group use up to 6 persons)

\$12-\$10/ RV depending on hookups

Motels vary \$67 - \$45/ room double occupancy.

Call for R.V. reservation: Yakima Nation Resort RV Park

1 800 874 3087 and identify CCCTS.

Facilities nearby: Golf course, casino, restaurants etc.

Tour will be similar to 1996 Toppenish Hub & Spoke. More details in future and in response to applications. Participants (48) Dan Baris, Jerry Baris, John Peck, Anna Markus, Carl Rorison, Lauren Morling, Ray Wright, Dennis & Freda Scolah, Clara & Wayne Waardenburg, Chris Siggers, Jim & Shirley Mae Jeffrey, Art & Brenda Borron., Margaret Fyfe, Roy Barrows, Dan Kennedy, Glen Smith, Cathy Lynch, Bob Helms, Bruce McLean, Chris & Peter Kabel, Christina Radnai, Audrey & Bill Hannan, Dan McGuire, Ed & Jackie Weinstein, Andre Kaufmann, Pablo Bleiker Bill Hook, Barbara Faulkner, Bob Douglas, Rolf & Sally Petersen , Eva Folk, Dan Eaton, Ernie Schmidt, Margot Paravan, Dave & Vickie Darts, Harry Tingley, Myrna Korstrom, David Brooks

### **Okanagan - West Kootenays**

**Jun 27 - Jul 10;** Dan McGuire 604 942 3235

E-mail:danmcguire@bc.sympatico.ca

Maximum 24 Persons. Cost \$350; incl. camp ground fees, meals and support vehicle. We have a volunteer driver. Non-refundable deposit of \$30 required by 17 Mar. Remaining \$320 by 24 May. A vehicle and mobile kitchen supported camping tour of BC's interior mountain region. Starting from Mara Lake near Sicamous and will go past spectacular scenery, historic places, forests, farms, and vineyards; via the towns of Revelstoke, Kaslo, Nelson (restday); along lakes such as Arrow, Slocan, Kootenay, Christina, Vaseux, Skaha, Okanagan and Kalamalka; along scenic rivers, the Columbia, Kootenay, Kettle and Okanagan; we will enjoy cycling in BC weather on days up to 100 km across mountainous terrain including five summits, with climbs over 1100 metres (2500 ft.)

Participants (24): Dan McGuire, Adrian Thomson, Ana Markus, Carl Rorison, Bruce McLean, Jim Grayson, David & Truus Clark, Jan Johnson, Eleanor Bannister, Jean Horrocks, Sonja Joos, Ed & Jackie Weinstein, Roberto & Sonja Bardati, Eric & Kathy Hofman, Bruce Ross, June Gallagher, Robert Curr, Cathy Lynch, Sally Svenson, Ness McCulley.

Waiting (23): Ingo Vanderveer, Michael Goldberg, Wayne Waardenberg, Fritz Niebisch, Bill Hook, Barbara Faulkner, Ian & Inge Polley., Horst Hees, Brian & Myrna Pollard, Daniel & Jerry Baris, Corry Koster, Yvonne Miller, Roy & Helen Goodchild, John & Zel Harvie, Palle Pedersen, Wendy Pearson, Douglas White

### San Juan Islands

**Jul 12 - 21;** Bob Douglas 604 435 3893

Max. 30 Persons. Opportunities for cycling, hiking, swimming and normal tourist activities. Tenting with support vehicle.

Driving will be shared by participants. Estimated cost \$300 Cdn.. Deposit \$20 by Jan 15; Balance of \$280 by June 1. Pay your own ferry fare which should be under \$10/US. Nights in camp:

Larrabee Park (1), Deception Pass (3), San Juan Island (2), Orcas Island (2), Lopez Island (1), Larrabee State Park (1).

Participants (30): Bob Douglas, Joan Enman, Jim Betts, Jerry Brereton, John Peck, Bryan Riggs, Donna Nicholas, Bob Miller, Dan Kennedy, Bruce McLean Raynel Merness, Monty Peters, Neil Dobson, Christina Radnai, Dora Ellis, Leslie Hunnie, Sheila Dinsdale, Audrey & Bill Hannan, Frank Weber, Dennis & Freda Scoriah, Fritz Niebisch, Helen & Roy Goodchild, Carl Rorison, Barbara Hetzer, Cody & Kenneth Will, Ian Stewart,

Waiting (1): Horst Hees, Brian & Myrna Pollard, Ray & Kathleen Wilkinson, Corry Koster, Theresia Keet, Cathie & Bruno Freigang, Betty Darvel Jones, Anne Marie Labourdette

### Tour de la Belle Province de Quebec

**1999 Aug 7 - 26**

Marthe Lambert 418 71 0338 Fax 3380

Lise Brooks 819 827 2943 E-mail cabrooks@cyberus.ca (Lise will be away 3 April to 5 May; Inquires to Marthe ).

Wagon master: Sally Petersen

Maximum: 27 Participants. Non refundable deposit of \$20 will be required to confirm registration. Balance of \$ 680 by June 1st. Total Cost \$ 700 ( Bicycle transport on support vehicle to or from Ottawa add \$25 one way; \$50 return).

Distance 1191 km. Departure from and return to Ottawa. Support vehicle, tenting/ hostelling available in Montreal, Quebec City, and Sherbrooke. 2 rest days in Montreal & Quebec City, permitting time for tours and sight-seeing.

Leaving Quebec City, the tour will head south towards the Eastern Townships, The Chaudiere Appalachian range, the beautiful country side of the Estrie region, on to the university town of Sherbrooke, and the scenic rolling hills of the Magog & provincial park area. We will then head southwest running parallel to the US/Vermont border, across the Ottawa River at Hawkesbury and travel west to Ottawa route #148.

Members wanting to sight- see in Ottawa can spend two days touring the Hub & Spoke day trips around the capital (following).

Participants must be prepared to ride distances from 80 to 115 km. Shorter days have been planned for the hills in the Chaudiere-Appalaches, Eastern Townships, Estrie and Monteregie region.

Participants:(27) Marthe Lambert, Lise Brooks, Renaud Fontaine, Rolf Petersen, Sonya & Roberto Bardati, Mary Eickhoff, Joan Engman, Ann Miller, Myrna & Brian Pollard, Ed & Jackie Weinstein, Brenda & Art Borron, Timothy Pickering, Mary Edwards, Joyce Bowen, Andre Milaire, Victoria Bernhardt, Geraldine & James Reid, Bruce Ross, Jack Shepherd, Leila Montgomery, Eleanor Bannister, Marilyn Murphy.

Wait List:(14) John & Zel Harvie, Anna Marcus, Carl Rorison, Wendy Pearson, Josie Zewick, Jean Horrocks, Dan McGuire, Helen & Roy Goodchild, Valerie Wellburn, Pat & ted Stubbs, Geraldine Weima

### Ottawa Hub & Spoke

**1999 Aug 24 - 27;** Garfield Clack 613 729 9384

E-mail: ay915@freenet.carleton.ca

Participants:(5) Wendy Pearson, Joan Engman, Vicky Bernhard, Pat & Ted Stubbs

### Around Lake Ontario Tour (A LOT)

**1999 Aug 29 - Sep 16**

Garfield Clack 613 729 9384 ay915@freenet.carleton.ca

Gerry Sutherland 613 828 9502 nstn1279@fox.nstn.ca

Tour leader:

Bill Augusteijn 905 896 374 . augusteijn@globalserve.net

Wagon master: Sally Petersen

Camping with support vehicle and driver, cooking teams, maximum participants 25. Cost estimate \$ 700 with \$ 100 non-refundable by May 1st (Bicycle transport on support vehicle to or from Ottawa add \$25 one way; \$50 return ).

.The tour is being planned from Ottawa, but participants should register and pay in the usual manner at the CCCTS Burnaby office.

The tour will have 15 cycling days and 2 rest days in Niagara Falls and a day in each of Toronto and Kingston. Using most of last year's route, this trip will expose the participants to The essence of southern Ontario and upper New York state. From the beauty of the nation's capital we travel through the quaint town of Merrickville and on to Brockville and the university town of Kingston; then over to New York state by 2 ferries across the mighty St. Lawrence and on through the quaint communities of Sackets Harbour, Oswego, Pultneyville (the end of the 'underground railroad' ), Hamlin Beach, and back to Canada at Niagara Falls (honeymoon capital of the world and the Shaw festival).By bicycle and bus we travel to Toronto for a day of sightseeing (the worlds tallest free-standing building, the Skydome, museums, etc.). Then on to typical small-town Ontario, passing through Bowmanville, Brighton and Picton, before returning to Kingston. After a day of sightseeing we meander along the famous 'Perth Road' and then, all too soon, it's over and we are back in Ottawa.

Participants:(17) Bill Augusteijn, Joan Enman, Jean Horrocks, Dan McGuire, June Gallagher, Barton Howes, Faye Wilson, Eleanor Giffin, Irene Hlousek, Brenda & Art Borron, Rolf Petersen, Bob Miller, Ann Miller, Pat & Ted Stubbs Brian Riggs

### Fraser Valley Hub & Spoke

**Sep 8 - 14;** Wayne Waardenburg 604 826 3044

Daily assembly: Matsqui Village Park, Riverside Road, Abbotsford.

Time: 9 am

Length of daytrips: 60 - 90 km; most routes are fairly flat.

Accommodation: Out of town participants are invited to stay at our place; We have ample room for tents and a few RV's. If enough people sign up, we will have our meals together, utilizing our double garage instead of the shelter.

Facilities: 3 bathrooms, 2 showers, rec. room, washer & dryer.

Maximum: 25 campers.

Nearest motel: 5 km

Cost: TBA (no camping fee).

Before signing up, potential participants should consider the following:

1. We live close to the CN mainline; Traffic noise may be bothersome;
2. RV's must be self-contained; no hook - ups;
3. Since you are on private property, some house rules apply: No smoking, swearing or foul language in the house. No maid service - clean up after yourselves.

Participants(13): Wayne Waardenburg, Donna Nicholas, Jan Johnson, Anne-M Labourdette, Margaret Fyfe, Roy Barrows, Horst Hees, Dennis Parsons, Carl Rorison, Corry Koster, Audrey & Bill Hannan

## Cross Canada 2000 (Coast to Coast)

**2000 May - Aug;** Barton Howes 250 378 0927

A vehicle supported camping tour with days off/ rest days at residences of universities or facsimile in larger Centres. Starting time: last week of May, ending in August. The Route will bypass Northern Ontario. Participants must prepared to ride 90/100 kms daily. \$30 non refundable deposit to be submitted with application. Final cost +/- \$3000 will be announced by June 30 /99.

Participants (21): Barton Howes, Sally Svenson, Glen & Jean Smith, Dennis Flewelling, Marthe Lambert, Renard Prefontaine, Robert Boyack, Jack Roy, Marilyn Murphy, Jackie Weinstein, Timothy Pickering, Richard Gibbs, Eric & Kathy Hofmann, James Erickson, Suzanne Gagnon, Shirley Fisher, Sharon Lindsay, Lorraine Singh, Noreen Finken, Valerie Welburn, Sonja Joos, Peter Boer, Ted & Jantien Goldsteyn, John & Zel Harvie, Bosco Chang, Judy Jackson, Lise Brooks, Geraldine Weins, Ness McCulley, Dan Eaton, Ed. Ungrin, G. & J. Reid., Wendy Pearson

### Proposed Tours.

Please note: The following tours are in the development stage and have not yet been approved.

### Provence, France

**1999 dates approx. mid Sep-mid Oct;**

Andre Milaire 604 872 4801

Andre is in the process of taking over from Leo LeCouteur and will soon submit a proposal.

### Randonneur 500 Series for CCCTS Members.

In 1998 the Randonneur Cycling Club initiated a 'shorter distance' cycling series within the framework of randonneur cycling. Dan McGuire started this series after getting the idea from another CCCTS member, the late John Hathaway. They were concerned that there were riders who didn't want the challenge of multi-day events and night riding, who might nevertheless be attracted to randonneur cycling. The Randonneur 500 series was born.

CCCTS members are welcome to participate in any or all of the 'shorter distance' rides. To earn a Randonneur 500 Medal however, a rider must complete rides of 50, 100, 150, and 200 km. Riders can substitute a longer ride for a shorter required ride. There are time limits, but these are usually do-able. The usual randonneur rules requiring fenders and lights have been dismissed for events under 200 kilometres. Event fees are \$10 per rider except for the 200 km ride (\$15), and the Pacific Populaire which is \$15 pre-registered, \$20 on ride day, or \$10 for riders under 19 years old.

As well as offering an enjoyable day of cycling, this is a great way to train for cycle touring. If you would like more information you could call Dan McGuire at 942-3235 or Eric Fergusson at 733-6657.

### 1999 Randonneur 500 Series Schedule

Date	Time	Distances	Event/Location
	Organizer	Phone	
March 28		100 km	V.I. Populaire-
Nanaimo	Stephen Hinde		250-245-4751
April 11	9:00	25, 50, 100 km	Pacific Populaire-
Vancouver	Eric Fergusson		604-733-6657
April 18	7:00	50, 100, 150, 200 km	Burnaby Lake
	Real Prefontaine		604-853-9594
June 6	9:00	50, 100, 150 km	Fort Langley
	Keith Fletcher		604-530-9273
June 27	7:00	50, 100, 150, 200 km	Maple Ridge-
Albion	Tim Pollock	604-939-8166	
Sept 19	7:00	50, 100, 150, 200 km	Maple Ridge-
Albion	Tim Pollock	604-939-8166	

## Subject: Quebec and Vermont Tour.

>Greetings:

>My partner and I, both members of CCCTS, are planning a bicycle trip through parts of Quebec and Vermont and wondered if any members of CCCTS had any advice for us?

We have heard lots of good things about touring in Quebec but very little about Vermont. We would like to go in the fall. Any tips would be appreciated: routes, accommodation, etc. Many thanks.

>

>Wes Knapp

>e-mail: wknapp@bctf.bc.ca

tel. 604 873 6602

### .Vancouver & Vicinity Weekly Rides.

**Sundays:**

**Vancouver** ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) The usual ride is to Steveston but we occasionally try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435 3893.

**Tuesdays / Thursdays:**

**Ladner**- Meet at 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, 22<sup>nd</sup> and Marine Drive for different destinations each week.

Contact Mel or Betty 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 Polled 531 6955, or John Peck 538 0195 for meeting place, time and destination.

**Pitt Meadows** ~ Meet 10 am at Laghouat Hwy & Dewdney Trunk Rd (turn right at 1<sup>st</sup> traffic light after crossing Pitt River eastbound).

Contact Margaret Fyfe 433 4115 or Roy Barrows 939 8989

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### Vancouver Island Weekly Rides.

**Victoria :**

Sunday meet 9 am at Big Apple Bagels at the Saanich Plaza.

Wednesday meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152

Rolf Petersen 250 384 6804

**Nanoose / Parksville:**

Meet 10 am at Nanoose Place, 2925 Northwest Bay Rd.

Contact : Diana / Al Lifton 250 468 5696

### Ottawa Weekly Rides.

Thursdays ~ For details Contact : Garfield Clack 613 729 9384

Bobbie Redmond 613 225 5058

Gerry Sutherland 613 828 9502

### Calgary Weekly Rides

With the "Elbow Valley Easy Riders".

Their rides are on Tuesday and Thursdays, Apr 15<sup>th</sup> to Oct 15<sup>th</sup>.

If traveling through Calgary and interested in cycling with this group contact:

Joan Engman 403 288 7910

# NEWSBRIEF

*The Cross Canada Cycle Tour Society*

Vol. 16 No. 04

April Editor Rolf Petersen rolf.p@home.com

April 1999

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
<http://www.vcn.bc.ca/cccts/>

Tel / Fax: 604-433-7710  
E-mail: cccts@vcn.bc.ca

## President's Report.

**Dennis Parsons**

Things are happening and they're happening big. Nearly every tour is oversubscribed. Dan McGuire's Kootenay tour has attracted more than double the number that can go, Lise and Marthe's La Belle Province tour has 18 more than the 27 max. Bob's San Juan is 10 over. What are we going to do with all the people left out? If anyone has a practical solution let us know through Ted Stubbs or me.

The real biggie, next years Coast to Coast has lost its present leader. Barton has resigned as co-ordinator of this tour. He has done a lot of work. We know he will get back to leading other tours, but taking up where he left off we will continue developing the itinerary, booking campsites and in the big cities, hostels. Will see that rest days do not fall on Sundays and the truck is well stocked with beer. C to C 2000 is a go and nothing is going to stop it. We'll get a leader and a wagon master. The victualer, the tent maker, the book keeper and the P.R. person. They'll all be there by May next year. If you want to offer a hand you can get me at <dovic@inetex.com and better still come to the Spring Social and we can talk.

We need You.



## Spring Social

**Thursday, 22 April**  
Time 11 am to 1 pm

**South Central Rec Centre**  
**The Longhouse**

Your Host Carl Rorison 604 530 6289



**Victoria**  
**Spring Picnic**  
**Wednesday, May 5<sup>th</sup>**  
**Time 11:30 AM to 2 PM**  
**Centennial Park**  
**On Wallace Drive in Saanichton**  
  
**Hosted by Jan Grove 250 478 4146**

## Coming Events Calendar.

### April

Thu Apr 22 Spring Social, South Delta Rec Centre 11am-1pm

### May

May 5-9 Victoria Spring Picnic; Hub & Spoke Tour  
May 6 Directors Meeting, Sidney  
May 10-13 Mayne Island Hub & Spoke  
May 18-27 Toppenish Hub & Spoke

### June

Jun 3 Directors' Meeting  
Jun 27- Jul 10 Okanagan- West Kootenay Tour.

### July

Jul 8 Directors' Meeting  
Jul 12-21 San Juan Islands Tour

### August

Thu Aug 5 Annual Picnic, Deas Island Park  
Aug 7-26 Tour de la Belle Province de Quebec  
Aug 25-30 Ottawa Hub & Spoke  
Aug 29- Sep 16 Around Lake Ontario Tour (A LOT)

### September

Sep 2 Directors' Meeting  
Sep 8- 14 Fraser Valley Hub & Spoke

### October

Oct 7 Directors' Meeting

### November

Nov 4 Directors' Meeting

### December

Wed Dec 1 Banquet & Dance  
Thu Dec 2 Annual General Meeting

# NEWSBRIEF

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 5<sup>th</sup> of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS.

Membership fees: Single \$ 25; Couples \$ 35. The month your dues expire is shown on the address mail-out label.

## 1998 / 1999 DIRECTORS.

President	Dennis Parsons 250 881 1170
Vice/Pres./Tours	Ted Stubbs 604 321 2784
Treasurer	Bob Douglas 604 435 3893
Secretary	Catherine Lynch 604 543 0956
Equipment	Jim Jeffrey 604 943 0924 Dan McGuire 604 942 3235
Membership	John Peck 604 538 0195 Carl Rorison
Newsbrief	Mary Eickhoff 604 535 2513 Rolf Petersen 250 384 6804
Office Manager	Glen Smith 604 521 1007
Social Convenor	Carl Rorison 604 530 6289
The Island	Horst Hees 250 389 1152
Senior Games	Barbara Hetzer 250 995 8430
Tours Assistant	Bob Miller 604 263 3905
Others	Barton Howes 250 378 0927
Club Contacts:	
Ottawa.....	Garfield Clack 613 729 9384
Calgary.....	Zel Harvie 403 228 4934
Club Jerseys	Andre Kaufmann 604 581 3923

## We have some good News

I am happy to report we have had instantaneous response to our plea for office help. First was Chris Siggers, he volunteered via email and states that he is over qualified for the job but will take it... I then got a phone call from Jerry Brereton and Sally Svensson who also volunteered to help out in the office. Our Equipment manager, Jim Jeffrey is now looking to recuperate the cost of buying mousetraps (now the problem has been solved) and have a lease program in place for anyone interested. The Mouses' loss is our gain.

## And some bad News.

Margaret Fyffe..

A long time member and hard-working office volunteer has had bad luck health wise. She lost the sight in one eye. There is a chance for recovery.. She just had eye surgery at VGH and we are all hoping it is 110% successful and she will be out on her bike with her usual big smile... Get Well Margaret!!!! That's 30 for now All the best  
Glen Smith



## New CCCTS Members

Finken, Noreen  
118-8880 No. 1 Rd. Richmond, BC V7C 4C3  
604 272 4930

McIntosh, Ann  
6430 Crescent Place, Delta, BC V4K 4V2  
604 940 8130

Moor, Gordon  
5625 Forglan Dr., Burnaby, BC V5H 3K9  
604 435 1990

Sen, Berta  
6231 Field Place, Burnaby, BC V5E 3W2  
604 526 5314

## We get Letters.

### Ladner Tuesday Ride.

Another sunny but windy 9 degree day in Lotus Land. Twenty-three riders were on the grid. Some were even nursing old injuries. Good show: Eight diehards made it to Point Robert. Ten people arrived at the Pub after the ride- strictly for medicinal purposes you understand. We adjourned to the birthday dinner for Harry Lang and Gwyn Thomas. Twenty one people attended. Good times, lots of laughs. May the wind always be at your back.

Brian Riggs.

## Dear CCCTS

At this time I'd like to thank all the Tour leaders that has guided us hither and yon. We have had such memorable times and met and remet so many interesting people. No one tour has outdone any of the others - each has had its own flavor and adventure. Our initiation was following Barton Howes from Barkerville to Vancouver. Then we discovered Toppenish and area through the cycle paths of Dan Baris. We have pedaled behind the locals in Victoria and Calgary. John Peck led us through the Northern Gulf Islands and Jean Horrocks had us on an adventure to the Queen Charlottes and beyond. Our latest escapade was following Carl Rorison around New Zealand. How fortunate we are to belong to a Club that offers us such diversity.  
Thanks again,

Tom & Wendy Sandor.

## Old Letters.

### Couples should talk.

In 1896, Rudyard Kipling writes in *Some-thing of Myself*; he and his wife ventured outdoors together: "[Someone] had given us a tandem bicycle, whose double steering bars made good dependence for continuous domestic quarrel. On this devil's toast-rack we took exercise together, each believing that the other liked it . . . One fortunate day, it skidded, and decanted us on the road-metal. Almost before we had risen from our knees, we made mutual confession of our loathing of wheels, pushed the Hell Spider home by hand, and rode it no more."

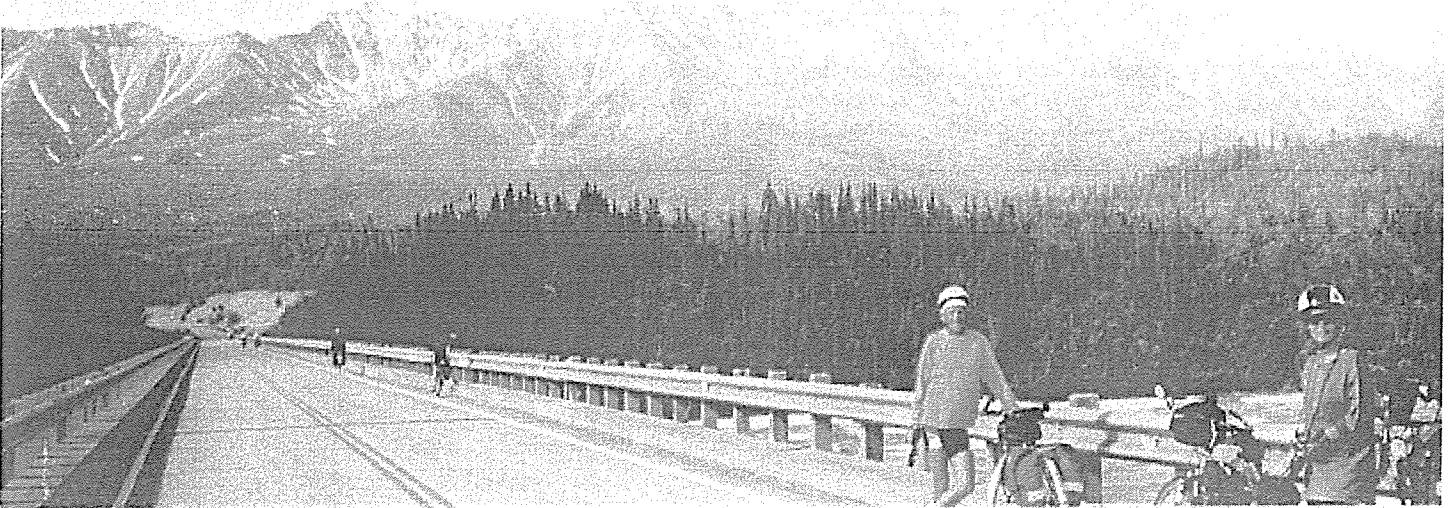
### Editorial Comments.

It is great to see the response we have had so far in the call for volunteers and also input to the Newsbrief from our members. This month we have an item on Cycle Scenes by Brenda Borron. Here is your chance to brag about your Town or City from a Cyclists' perspective?

Gripings by Ian Stewart might also give you some positive ideas?  
Keep the letters coming.....



It was suggested that I put down my thoughts as a person who recently completed his first multi-day Trek. I thought that would be easy until I began to put together a list of things to comment on. Then the fun began. What follows is the dribbles of a senior-citizen who no longer thinks in straight lines!!!



What to worry about

Your fitness

Your equipment

Your transportation to/from

What not to worry about

There must be something!

When to start worrying

Never too soon.

Speak to others.

When to stop worrying

When you are there!

Assumptions found faulty

That all people can get along.

That weather is not a problem

Rewards

Accomplishment.

People made friends.

You will be more prepared next time.

THINGS I DID WRONG!!!

1. My tent was too big for one person.
2. My carry-all bag was not strong enough (zipper broke, had to tie together)
3. My feet got cold and wet ( needed spats)
4. I did not have a proper cycling jacket (bright colors are best)
5. My ground sheet should have been larger
6. I did not have a good lunch bag
7. Warm/dry sleep wear is a must
8. Waterproof bag for packing a wet tent, etc.

9. Very strong tent pegs( pounding into gravel)

10. A good nylon rope for hanging up wet items

11. As my Mother would say: IDENTIFY EVERYTHING

THINGS I DID RIGHT!

1. A good Fanny-pack for wallet, etc.
2. A visor on the front of my helmet
3. A warm fleece vest under my rain top
4. Pinned a sheet into my sleeping bag
5. Put fenders on my bike
6. Carried two saddle bags
7. Put a bell and computer on the bike
8. Took two pairs of cycling shorts
9. Took a toque for cool mornings and nights
10. Plastic bags for protection(seat, film, writing material, etc..)
11. Bought very strong cup, bowl, plate, etc.

I made my decision to complete the Alaska Highway trip because I had hitch-hiked down from Whitehorse in 1954. Also, my very best friend, as a young man, was living in Dawson City and he agreed to meet me in Whitehorse. I was committed and the plans started. I had recently returned to cycling after an absence of 45 years so I purchased a Mountain Bike, as my wife and I had agreed to doing trails, etc. together. With the plan to cycle for 30 days, I began asking questions of my cycling partners, about clothing, equipment, etc. Without their input I would have made many mistakes. Hopefully, you will have friends to get suggestions from,

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which can save both dollars and frustrations. Listening to the baffle-gab at our regular coffee stops, I also realized that no two cyclists agree on the type of equipment you should purchase. Easy access to a store like Mountain Equipment, in Vancouver, can make life much easier. More expensive, but easier.

As a runner, coming from Edmonton, I had experience with weather conditions. Converting running to cycling is occasionally good but running is for shorter, more perspiring, periods and cycling may require many changes during an 8-10 hour day. My advice is to protect hands and feet at all times. Warm vests can work wonders for chilly winds but major gloves and foot covers are needed for cool/cold weather. Enough said.

Believe it, or not, I had not patched a tire in 45 years and did not experience a flat on the 1500 mile Highway. This was due to the quality of tire I used, and, other cyclists had the same experience. The shock was when one rider had five flats in a short period of time. Check with the experienced members for the right tire for the terrain.

As a Green-horn, I can't express how important the leadership is in any extended trip. As a past manager, I must also say that it is vitally important to remember that the "Team" concept must be front, and foremost, in your mind. The average age was 62, in Alaska, and finding 20 -25 people who will always agree is impossible. We fight for our independence but the group is always more important than the lone rider. On an extended trip the days can become tiring, as well as the cyclists. Human nature says we are often smarter than our leaders and making "suggestions" can create animosities. For anyone heading out on their first long trip, learn as much as

possible about your leader before you start. This should help you to understand how they manage. Some will want complete control over decisions, while others may prefer the "group think" method. I suggest you be prepared to change to the behavior of the designated "boss".

Fitness was a concern on the Alaska trip. A 30-day jaunt, with two rest days, is taxing and shouldn't be taken lightly. It is the responsibility of each individual to study the trip plan and make themselves set a training program to be prepared. Of course, weather, illness, etc. can give us challenges unprepared for, but the basic conditioning is a must. I give great credit to those hardy souls who worked so hard to complete each day's mileage. Some started early, and finished late, but were still very much a part of the daily chores. They have my greatest respect for their efforts. What would a trip be without something to brag/talk about? Without some excitement we wouldn't even remember that we went. Be prepared for a variety of mishaps, and be prepared to adjust because of them. Bears, flat tires, truck drivers, construction, toilets, wet clothes, coughing, too many raisins in the porridge, not enough raisins in the porridge, too much chili, not enough chili, are all memories I carry with me. You will be guaranteed to have many more. Finally, I cannot finish without extending my hope that wherever your trip may take you, you have a wonderful time, you meet some new friends and you have the committed, and thorough, leadership that was my experience in Alaska. It was one of the most exciting, and meaningful, experiences of my entire life.

Great cycling, Ian Stewart

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## WE get Letters.

I am not surprised that a policeman is not too sophisticated re the Motor Vehicle Act (MVA) as it affects cyclists, as reported in the March issue by Charlie Finnigan in "I am the Law!" When I chided a bicycle policeman for passing me on the right in the same lane, contrary to section 160 of the MVA, all I got was a "mind your own business".

However, because of the seriousness of his ignorance, a letter to the Victoria City Council, with a photocopy of the relevant section of the act, got a very polite phone reply from the supervisor of cycle cops who promised to review the matter with his group!

In the case of where to ride on the highway, it gets a little bit more complex. Before 1995, the MVA said that a cyclist should ride, "as near as practicable to the right side of the roadway". The "roadway" is defined in section 115 as "the portion of the highway that is improved, designed or ordinarily used for vehicular traffic, but does not include the shoulder..." While we often cycled on the shoulder, technically it was illegal! However, in '95 the MVA was amended to change the requirement for keeping to the right side of the "roadway" to the "highway", but added the provision that "nothing ...requires a person to ride a cycle on any part of a highway that is not paved". "Practicable" apparently has always been interpreted with safety in mind. In addition the reference to paving suggests

that it is the intent of the law that we should ride on a smooth surface, not one likely to cause upset or loss of control. I would think that if there is major litter on the shoulder, it would not qualify. However, the MVA is programming, in the computer sense, to prescribe behaviors that promote BOTH safety and traffic movement. There are sections dealing with "slow driving" - section 150. Also the requirements for a left-hand turn requires the vehicle to turn from "the right half of the roadway that is nearest the center line" - Not from the right hand edge of the highway! See section 167 MVA. We have all the "same rights and duties as the driver of a (motor) vehicle" - section 185 MVA.

What all this means, "on the ground" is that there are many judgement calls, both by the cyclist and the police as to what is safe and expeditious in keeping with the spirit and requirements of the MVA. Arguing with the police on the spot is probably counter - productive. If there seems to be a systematic police bias, some sort of action such as I took in Victoria seems more fruitful.

Good luck!

Betty & Bob McInnes

## Cycle Scenes.

Bicycling Magazine recently published a survey which listed the ten best U.S. and Canadian cities for cycling. Cities were restricted to those with a population of at least 200,000, and, because cyclists' interests are so varied (commuting, recreational riding, dirt riding, etc.), the article had to consider a multitude of facilities.

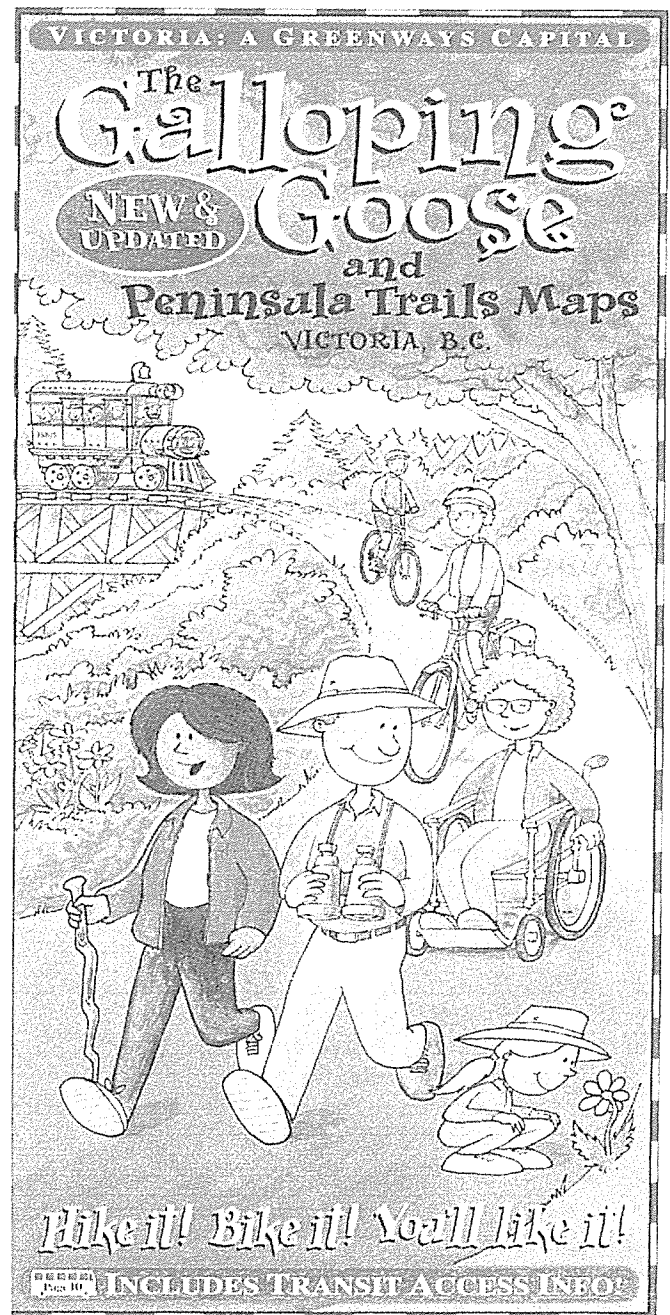
This survey set us wondering about the cycling environments of CCCTS members. At one time we were nearly all on the West Coast, but not anymore. We live all over the continent, from cities to small hamlets where a senior person climbing on a bike is probably regarded as an oddity. Obviously, comparisons would be meaningless. But it would be nice to know what members like about their own cycling areas. It might also give the rest of us some ideas of new places to visit. Of course, if it's really awful, we'd like to know that too, so as not to go there!

I'll start the ball rolling. I live in Victoria. Our Galloping Goose Trail is great: you can cycle the Goose for most (but not all) of the way from Schwartz Bay Ferry Terminal to Sooke. And if you are in a hurry and don't want to ride the leisurely pace required to cope with runners, pedestrians, kids, horses, dogs, roller blades and other cyclists, then our road shoulders and bike lanes aren't half bad. Victoria has become much more bicycle friendly in the last few years, thanks largely to the efforts of the GVCC (Greater Victoria Cycling Coalition). But the very best thing about Victoria is spring time cycling: The flowers are gorgeous. That's why you should all come for our hub and spoke tour, May 5 - 9.

Now the winter, that's a different story. People will tell you, you can cycle year round in Victoria. Don't be fooled. They say that about golf, too, and you should just see the poor, miserable, determined, demented souls sloshing round the course in January. Just like the cyclist, head down, being sprayed by every passing car on the highway.

That's enough from me. Now, we'd really like some input, even just a few lines, on the pleasures and pitfalls of cycling in your area. How about it?

Brenda Borron



### **BICYCLE CAMPING TRAINING FOR CCCTS MEMBERS**

Experienced touring cyclist Bruce & Maureen Mol, of Port Coquitlam BC, are presenting a series of cycle camping workshops. Join the fun - learn all about vacationing by bicycle.

In April and May in Greater Vancouver learn ways to vacation with your bicycle. Come learn about: cycling on or off road; campgrounds or hotels/B&B's; is a supported tour right for you? Emphasis is given to bicycle camping, with photos and advice about riding in BC and especially trips that begin in the lower mainland. Learn more about cycling safety while touring, how to pack a pannier, what to bring and what to expect, at Bicycle Camping Clinics in six locations. For hands on experience surrounded by friendly knowledgeable folks, sign up for the Bicycling Camp out on the May Long weekend. All ages are invited. Call (604) 941-7287 to preregister.

**CAMP OUT.** On Sat. May 22nd, pre-registrants will meet at Horseshoe Bay and take the Langdale ferry to the Sunshine Coast. From there it is 36Km (four or 5 hours) to Porpoise Bay close to Sechelt. The Porpoise Bay Park is great for cyclists. Lots of room for tents, sheltered cooking area, wild life viewing, Sechelt is a 4 Km walk away. Oh yes, Hot Showers too!

So come join the fun, attend the presentations, sign up for the clinics and have a fun ride on the Sunshine Coast with some great people.

**PRE-REGISTER.** There is no organizational cost for the Bicycling Camp out! BUT you will have to pay for the Ferry trip (you and your bike), a camping site and your food. If you need parking and/or support carrying some of your luggage, it's \$10 for parking from Sat to Monday morning. And luggage support is \$5 per person. These services available only to pre-registrants.

**VOLUNTEER HELP NEEDED.** The organizers of Bicycling Camp out need experienced knowledgeable cyclists to team up with novices. If you would like to help, or if you need a venue to help a friend gain some experience bicycle camping, please call 604-941-7287.

# CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable 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.
- Wear approved Helmet when cycling.

## **Please note the following procedures for registration of tour participants :**

1. Members wishing to participate in a Tour are asked to submit their names , to be received before the fifth day of the following month (Newsbrief submission deadline ) .
2. On that day the names will be counted if the number of names exceeds the maximum , a draw will be held .
3. Those failing to make the maximum cut will be placed on the waiting list in the order drawn .
4. Later requests will be added to the list in the order received
5. Couples or groups shall not be divided by the draw provided they specify they are a couple/ group when submitting . If they cannot be accommodated in the maximum, they will head the waiting list.
6. If deposits or payment are not in by due date, they are dropped To the bottom of the waiting List.

## **Please note - when applying for Tours :**

For information on specific tours contact tour leader.  
To register for tours call the office.

All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour. <

## **1999 Tours (listed in date order )**

### Victoria Hub & Spoke

**May 5 - 9;** Rolf Petersen 250 384 6804 rolf.p@home.com  
We start on a Wednesday morning when Victoria riders will meet the ferry departing Tsawwassen 9 o'clock (arrival Victoria approx. 10:45). The first cycle tour will take us to the annual "Victoria Spring Picnic ". After the picnic you will be taken to your accommodations as needed. This year there will be 5 day tours arranged in the Greater Victoria area, the last tour being on Sunday, so anyone wishing to do so can catch the Mayne Island ferry Monday morning and continue on Theresa Keets' tour for 3 days of Island Tours. Please book at office as usual.  
Please arrange your accommodations with Victoria members.....we are motivated , or call me for further details .

Participants ( 29 ): Rolf Petersen, Janice & Ron Pickerill, Roger LaFontaine , Don & Maureen Holloway, Mary White, Shirley Mae & Jim Jeffrey, Rachelle Amiot, Thom Duck, Betty Darvell- Jones, Horst Hees, Sally Svensson, Kathryn Jeronimos, Dennis Parsons, Carl Rorison, Anna Markus, D. Ellis, B. Ross, Len Jenkins, Bryan Riggs, Margarete Hunter, John Hickman, Fritz Niebisch, Shirley Fisher, Dorothy Kennedy, Lauren Morling, Ray Wright

### Mayne Island Hub & Spoke

**May 10 - 13;** Theresa Keet 604 596 1953

Following Rolf Petersen's tour, take the ferry to Mayne Island, or come from the Lower Mainland, and enjoy a couple of days here, or explore the other islands. Open itinerary and food arrangement. I have enough room for 20 people either tenting or sleeping in the basement with your own sleeping bag and mattress. I would like to know how many people intend to camp and how many people will bring their mattress and sleeping bag and sleep in the basement. Our house is on Village Bay. Stores and eating places are on Miner's Bay, also a grocery store. Please bring your plate and cutlery. I will be at the ferry with my car on the Monday morning.

Participants:(17) Theresa Keet, Mary Whyte, Horst Hees, Dennis Parsons, Alyce McKay, Bosco Chang, S.Mather, R. Douglas, D. Ellis, Dorothy Kennedy, Bruce Ross, Catherine Mick, Bryan Riggs, Thom Duck, Rachelle Amiot, Shirley Fisher, Betty Darvel-Jones

### Toppenish Hub & Spoke.

**May 18-27;** Dan Baris 509 865 2315

Max 50 Persons. Cost \$100 US = \$160 Can. \$10 Non refundable Deposit. Balance Due 15 April. Tour includes at least 3 meals; a two day winery tour with sag wagon and a night in a motel. You pay for the other meals and lodging or campground fees. Cost in US \$: \$3/person/night for campsite.

\$4/person teepee (group use up to 6 persons)

\$12-\$10/ RV depending on hookups

Motels vary \$67 - \$45/ room double occupancy.

Call for R.V. reservation: Yakima Nation Resort RV Park  
1 800 874 3087 and identify CCCTS.

Facilities nearby: Golf course, casino, restaurants etc.

Tour will be similar to 1996 Toppenish Hub & Spoke. More details in future and in response to applications. Participants (50) Dan Baris, Jerry Baris, John Peck, Anna Markus, Carl Rorison, Lauren Morling, Ray Wright, Dennis & Freda Scolah, Clara & Wayne Waardenburg, Chris Siggers, Jim & Shirley Mae Jeffrey, Art & Brenda Borron., Margaret Fyfe, Roy Barrows, Dan Kennedy, Glen Smith, Bruce McLean, Chris & Peter Kabel, Christina Radnai, Audrey & Bill Hannan, Dan McGuire, Ed & Jackie Weinstein, Andre Kaufmann, Pablo Bleiker Bill Hook, Barbara Faulkner, Bob Douglas, Rolf & Sally Petersen , Eva Folk, Dan Eaton, Ernie Schmidt, Margot & Ivan Paravan, Dave & Vickie Darts, Harry Tingley, Myrna Korstrom, David Brooks, Cory Koster, Dennis Parsons, Richard Gibbs.

### Okanagan - West Kootenays

**Jun 27 - Jul 10;** Dan McGuire 604 942 3235

E-mail: danmcguire@bc.sympatico.ca

Camp Boss: Ed. Weinstein. Wagon Master: Inge Polley.

Maximum 24 Persons. Cost \$350; incl. camp ground fees, meals and support vehicle. We have a volunteer driver. Non-refundable deposit of \$30 required by 17 Mar. Remaining \$320 by 24 May. A vehicle and mobile kitchen supported camping tour of BC's interior mountain region. Starting from Mara Lake near Sicamous and will go past spectacular scenery, historic places, forests, farms, and vineyards; via the towns of Revelstoke, Kaslo, Nelson (rest day), Trail, Greenwood and Penticton (rest day); along lakes such as Arrow, Slokan, Kootenay, Christina, Vaseux, Skaha, Okanagan and Kalamalka; along scenic rivers, the Columbia, Kootenay, Kettle and Okanagan; we will enjoy cycling in BC weather on days up to 100 km across mountainous terrain including five summits, with climbs over 1100 metres (2500 ft.)

Participants: Roberto & Sonja Bardati, David & Truus Clark, Robert Curr, June Gallagher, Jim & Ute Grayson, Eric & Kathy Hofman, Jean Horrocks, Jan Johnson, Sonja Joos, Catharine Lynch, Anna Markus, Ness McCulley, Dan McGuire, Bruce McLean, Ian & Inge Polley, Carl Rorison, Bruce Ross, Sally Svensson, Adrian Thompson, Ed & Jackie Weinstein.

Waiting List (16): Ingo Vanderveer, Micheal Goldberg, Wayne Waardenburg, Bill Hook, Barbara Faulkner, Horst Hees, Dan & Jerry Baris, Corry Koster, Yvonne Miller, Helen & Roy Goodchild, Palle Pedersen, Wendy Pearson, Douglas White, Bosco Chang.

### Nicola Valley Hub & Spoke

**Jul 5-9;** Barton Howes 250 378 0927

One Night ride and four Day rides.

Please register by mail through the office. Total Cost \$5, to be paid on registration.

### San Juan Islands

**Jul 12 - 21;** Bob Douglas 604 435 3893

Max. 30 Persons. Opportunities for cycling, hiking, swimming and normal tourist activities. Tenting with a support vehicle. Driving will be shared by participants. Estimated cost \$300 Cdn.. Deposit \$20 by Jan 15; Balance of \$280 by June 1. Pay your own ferry fare which should be under \$10/US. Nights in camp: Larrabee Park (1), Deception Pass (3), San Juan Island (2), Orcas Island (2), Lopez Island (1), Larrabee State Park (1).

Participants (30): Bob Douglas, Joan Enman, Jim Betts, Jerry Brereton, John Peck, Bryan Riggs, Donna Nicholas, Bob Miller, Dan Kennedy, Bruce McLean, Raynel Merness, Monty Peters, Neil Dobson, Christina Radnai, Dora Ellis, Leslie Hunnie, Sheila Dinsdale, Audrey & Bill Hannan, Frank Weber, Dennis & Freda Scolah, Fritz Niebisch, Helen & Roy Goodchild, Carl Rorison, Barbara Hetzer, Ian Stewart, Horst Hees

Waiting: Ray & Kathleen Wilkinson, Corry Koster, Theresia Keet, Cathie & Bruno Freigang, Betty Darvel Jones, Anne Marie Labourdette, David Brown, Virginia Brown.

### Tour de la Belle Province de Quebec

**1999 Aug 7 - 26**

Marthe Lambert 418 71 0338 Fax 3380

Lise Brooks 819 827 2943 E-mail cabrooks@cyberus.ca

(Lise will be away 3 April to 5 May; Inquires to Marthe).

Wagon master: Sally Petersen

Maximum: 27 Participants. Non refundable deposit of \$20 will be required by May 1<sup>st</sup> Balance of \$ 680 by June 1<sup>st</sup>

Total Cost \$ 700. ( Bicycle transport on support vehicle from Vancouver Office to Ottawa add \$25 one way; \$50 return).

Distance 1191 km. Departure from and return to Ottawa. Support vehicle, tenting/ hostelling available in Montreal, Quebec City, and Sherbrooke. 2 rest days in Montreal & Quebec City, permitting time for tours and sight-seeing.

Leaving Quebec City, the tour will head south towards the Eastern Townships, The Chaudiere Appalachian range, the beautiful country side of the Estrie region, on to the university town of Sherbrooke, and the scenic rolling hills of the Magog & provincial park area. We will then head southwest running parallel to the US/Vermont border, across the Ottawa River at Hawkesbury and travel west to Ottawa route #148.

Members wanting to sight- see in Ottawa can spend two days touring the Hub & Spoke day trips around the capital (following).

Participants must be prepared to ride distances from 80 to 115 km. Shorter days have been planned for the hills in the Chaudiere-Appalaches, Eastern Townships, Estrie and Monteregie region.

Participants:(27) Marthe Lambert, Lise Brooks, Renaud Fontaine, Rolf Petersen, Sonya & Roberto Bardati, Mary Eickhoff, Joan Engman, Ann Miller, Ed & Jackie Weinstein, Brenda & Art Borron, Timothy Pickering, Mary Edwards, Joyce Bowen, Andre Milaire, Victoria Bernhardt, Geraldine & James Reid, Bruce Ross, Jack Shepherd, Leila Montgomery, Eleanor Bannister, Marilyn Murphy, Anna Marcus, Carl Rorison.

Wait List: Wendy Pearson, Josie Zewick, Jean Horrocks, Helen & Roy Goodchild, Valerie Wellburn, Pat & Ted Stubbs, Geraldine Weima, William Augusteijn, Jim & Mary Boate.

### Ottawa Hub & Spoke

**1999 Aug 24 - 27;** Garfield Clack 613 729 9384

E-mail: ay915@freenet.carleton.ca

Participants:(7 ) Wendy Pearson, Joan Engman, Vicky Bernhard, Pat & Ted Stubbs, Sally & Rolf Petersen

### Around Lake Ontario Tour (A LOT)

**1999 Aug 29 - Sep 16**

Garfield Clack 613 729 9384 ay915@freenet.carleton.ca

Gerry Sutherland 613 828 9502 nstn1279@fox.nstn.ca

Bill Augusteijn 905 896 3749 augusteijn@globalserve.net

Wagon master: Sally Petersen

Camping with support vehicle and driver, cooking teams, maximum participants 25. Total Cost \$ 700. \$ 100 non-refundable deposit by May 1<sup>st</sup>. Balance of \$ 600 by July 1<sup>st</sup>. (Bicycle transport on support vehicle. Vancouver Office to or from Ottawa add \$25 one way \$50 return)

.The tour is being planned from Ottawa, but participants should register and pay in the usual manner at the CCCTS office.

The tour will have 15 cycling days and 2 rest days in Niagara Falls and a day in each of Toronto and Kingston. Using most of last year's route, this trip will expose the participants to

The essence of southern Ontario and upper New York state. From the beauty of the nation's capital we travel through the quaint town of Merrickville and on to Brockville and the university town of Kingston; then over to New York state by 2 ferries across the mighty St. Lawrence and on through the quaint communities of Sackets Harbour, Oswego, Pultneyville (the end of the 'underground railroad'), Hamlin Beach, and back to Canada at Niagara Falls (honeymoon capital of the world and the Shaw festival).By bicycle and bus we travel to Toronto for a day of sightseeing (the worlds tallest free-standing building, the Skydome, museums, etc.). Then on to typical small-town Ontario, passing through Bowmanville, Brighton and Picton, before returning to Kingston. After a day of sightseeing we meander along the famous 'Perth Road' and then, all too soon, it's over and we are back in Ottawa.

Participants:(21) Bill Augusteijn, Joan Enman, Jean Horrocks, Dan McGuire, June Gallagher, Barton Howes, Faye Wilson, Irene Hlousek, Brenda & Art Borron, Rolf Petersen, Bob Miller, Ann Miller, Pat & Ted Stubbs, Josie Zewick, Wendy Pearson, William Russell, George Edmonds, Sally Svensson, Dick Rawson

### Fraser Valley Hub & Spoke

**Sep 8 - 14;** Wayne Waardenburg 604 826 3044

Daily assembly: Matsqui Village Park, Riverside Road, Abbotsford. Time: 9 am

Length of daytrips: 60 - 90 km; most routes are fairly flat.

Accommodation: Out of town participants are invited to stay at our place; We have ample room for tents and a few RV's. If enough people sign up, we will have our meals together, utilizing our double garage instead of the shelter.

Facilities: 3 bathrooms, 2 showers, rec. room, washer & dryer.

Maximum: 25 campers.

Nearest motel: 5 km

Cost: TBA (no camping fee).

Before signing up, potential participants should consider the following:

1. We live close to the CN mainline; Traffic noise may be bothersome;
2. RV's must be self-contained; no hook - ups;
3. Since you are on private property, some house rules apply:

No smoking, swearing or foul language in the house. No maid service - clean up after yourselves.

Participants(21): Wayne Waardenburg, Donna Nicholas, Jan Johnson, Anne-M Labourdette, Margaret Fyfe, Roy Barrows, Horst Hees, Dennis Parsons, Carl Rorison, Corry Koster, Audrey & Bill Hannan, Shirley Fischer, Dorothy Kennedy, David Brown, Tamas & Wendy Sandor, Mark & Ruby Meunier, Dan Eaton, Bryan Riggs

### Cross Canada 2000 (Coast to Coast)

This tour on hold til a new leader has been found. No new registrations accepted.

#### **2000 May - Aug;**

A vehicle supported camping tour with days off/ rest days at residences of universities or facsimile in larger Centres. Starting time: Last week of May, ending in August. The Route will bypass Northern Ontario. Participants must prepared to ride 90/100 kms daily. \$30 non refundable deposit to be submitted with application. Final cost +/- \$3000 will be announced by June 30/99 Participants (38 ): Barton Howes, Sally Svenson, Glen & Jean Smith, Dennis Flewelling, Marthe Lambert, Renard Prefontaine, Robert Boyack, Jack Roy, Marilyn Murphy, Jackie Weinstein, Timothy Pickering, Richard Gibbs, Eric & Kathy Hofmann, James Erickson, Suzanne Gagnon, Shirley Fisher, Sharon Lindsay, Lorraine Singh, Noreen Finken, Valerie Welburn, Sonja Joos, Peter Boer, Bosco Chang, Judy Jackson, Lise Brooks, Geraldine Weins, Ness McCulley, Dan Eaton, Ed. Ungrin, G. & J. Reid., Wendy Pearson Jantien Golsteyn, Ronald Eade, Donna Nicholas, Raynel Merness, Alex Vennos, Ernie Schmidt, Bryan Riggs

### Proposed Tours.

Please note: The following tours are in the development stage and have not yet been approved.

#### German Tour

Max Bissegger 604 536 3202  
Fritz Niebisch 604 588 2408

The tour is pretty well laid out. I found a tour compagnie in Germany who is organising cycle tours, and I am working together with them, to make it happen I would like the tour to start in the first half of September. As of this date the trip should be as follows:

Day 1) Arrival in Frankfurt, Transfer to hotel in Bingen

Day 2) cycle from Bingen to Kim ca. 58 KM.

Day 3) Kim-Traben Marbach -Zeltingen ca. 58 KM.

Day 4) Zeltingen-Trier ca. 76KM. cycling in the Mosel valley

Day 5) Trier-Bernkastel-Kues ca. 70 KM.

Day 6) Bernkastel-Kues-Cochem ca.78 KM.

Day 7) Cochem-Braubach ca.63 KM.

Day 8) Restday ? possibly cancelled for budget reasons

Day 9) Braubach-Limburg ca. 65 KM.

Day 10) Limburg-Wetziar ca. 59 KM.

Day 11) Wetziar -Marburg ca. 46 KM.

Day 12) Marburg-Restday

Day 13) Marburg-Frankenber-Waideck ca. 92 KM.

Day 14) Waldeck-Hann.-Muenden ca. 67 KM.

Day 15) Hann.-Muenden-Hoexter ca.68 KM.

Day 16) Hoexter-Hamein ca. 72 KM.

Day 17) Hameln -Departure to Frankfurt and home.

There may be some small changes, possibly only one rest day, to keep the cycling part of the trip under \$ 2000.- On top of that, we have to pay for the train fare from Frankfurt to Bingen and from Hameln to Frankfurt. I don't know the cost of train travel as yet, but I have written a letter to the German tourist office in Toronto regarding train travel, but I have no answer as of now.

The tour operator will supply 16 nights accommodation, including breakfast, (double occupancy) in small hotels or inns. They will transfer the baggage from Bingen to Hameln, and they will also supply local maps, with the cycling route marked out. Also included will be travel tips for Germany, tourist information of what to see along the way (like wine festivals and wine tasting). Bike rental: a bike with 7 gears for the duration of the trip costs appr.\$200.-

I have talked to appr. 15 travel agencies as of now. The fall rates are not published yet, and the best price quoted today for Vancouver Frankfurt return is \$1250, plus taxes, on Air Canada, Canadian, or Lufthansa, (bikes are included in the quote) which is a lot. However regular carriers are more comfortable and spacious also more flexible then charter lines like Canada 3000.

On April 22 on the spring social, I will hopefully have maps and brochures to look at and discuss more, of what this trip is all about.

From the Fraser Valley Library I picked up a video about the Rhein and Mosel River. The part of the Mosel River is where we are going to cycle. Try to see it. Fritz Niebisch turns out to be my right hand man, he knows pretty well what is going on. So, if you can't get a hold of me, maybe Fritz can help you.

### Provence, France

1999 dates approx. mid Sep-mid Oct;

Andre Milaire 604 872 4801

Andre is in the process of taking over from Leo LeCouteur and will soon submit a proposal.

### Tour of Interest (not a CCCTS tour)

July 9 (Fri. evening), 10 & 11

Sea to Sky Trail - D'Arcy to Squamish Mountain Bike Trip:

Annual event, recommended for in shape mountain bikers only, mostly off-road. 2 B'fasts & lunches, sag wagon & mechanical support, 2 nights camping and gear transportation included. CCCTS Members will get the early bird rate of \$99.00 for the 2 day/2 night event + \$20.00 to transfer you, your bike and gear Squamish to D'Arcy (+GST). Evening BBQs will be extra. Make sure you say you are a CCCTS Member when you register and you will also get an additional \$5.00 discount each (being given to groups of 4 or more). For more info and registration phone Robbin McKinney (604) 732-2759 or e-mail robbinm@istar.ca. Web site: www.great-explorations.com This event is a fund raiser for the sea to sky corridor. Kate Hill did this trip last year and had a lot of fun - most people used sag wagon service Pemberton to Whistler to avoid big climb at end of first day! Phone Kate Hill(604)685-6574 if you have registered, to arrange shared travel West Vancouver to 7 p.m. Friday registration in Squamish. Event will be limited to 500 participant

Submitted by Kate Hill.

### Vancouver & Vicinity Weekly Rides.

#### Sundays:

**Vancouver** ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) The usual ride is to Steveston but we occasionally try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435 3893.

#### Tuesdays / Thursdays:

**Ladner** - Meet at 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, 22<sup>nd</sup> and Marine Drive for different destinations each week.

Contact Mel or Betty 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.

**Pitt Meadows** ~ Meet 10 am at Lougheed Hwy & Dewdney Trunk Rd (turn right at 1<sup>st</sup> traffic light after crossing Pitt River eastbound).

Contact Margaret Fyfe 433 4115 or Roy Barrows 939 8989

### Vancouver Island Weekly Rides.

#### Victoria :

Sunday meet 9 am at Big Apple Bagels at the Saanich Plaza.

Wednesday meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152

Rolf Petersen 250 384 6804

#### Nanosee / Parksville:

Meet 10 am at Nanosee Place, 2925 Northwest Bay Rd.

Contact : Diana / Al Lifton 250 468 5696

### Ottawa Weekly Rides.

Thursdays ~ For details Contact : Garfield Clack 613 729 9384

Bobbie Redmond 613 225 5058

Gerry Sutherland 613 828 9502

### Calgary Weekly Rides

With the "Elbow Valley Easy Riders".

Their rides are on Tuesdays and Thursdays, Apr 15<sup>th</sup> to Oct 15<sup>th</sup>.

If traveling through Calgary and interested in cycling with this group.

Contact: Joan Engman 403 288 7910

# NEWSBRIEF

*The Cross Canada Cycle Tour Society*

Vol. 16 No. 05

May Editor Rolf Petersen rolf.p@home.com

May 1999

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E-mail: [cccts@vcn.bc.ca](mailto:cccts@vcn.bc.ca)

## President's Report.

**Dennis Parsons**

**P**Had to ride 8Kms from the ferry slip to the Meeting Place for the Spring social Nobody waited for me so I arrived late. Tied up my bike, pushed my way through the jolly chattering crowd in the foyer , got to the head table, arranged my paper ( with the heading at the top ) and wielded the gavel , making loud bangs. The noise continued and no heed was taken. Some kindly fellow jumped on the table and shouted at the top of his voice. Still no one filed in . It took some uncouth person to put two fingers in his mouth and render a screeching whistle to get their attention. Barely were they all seated and the meeting about to be called to order when some one on the fringe stood up and moved that it be adjourned. Well !! My bodyguards soon had him out the door and briefly airborne.

Of course it didn't happen like that. The order of the day was to talk about tours, and as overall Tour Coordinator , Ted Stubbs soon had the floor and introduced the leaders who were present. Rolf had to sub for Bill and Lise in Ontario and Quebec respectively. Brenda had some nice things to say about Dan's Toppenish tour. Theresia, hers. Wayne wants no swearing in the house----- I hope the nights are warm. Dan Mcguire made his tour even more interesting and Bob hopes he can fit in all those who want to go on his ever successful San Juan Islands tour. Barton is repeating his Merritt success. Max added more details to his Germany tour and Andre described his, letting food and wine enter the subject now and then. Diana announced an un advertised special----- a low Kilometrage Vancouver Island tour. She is willing to take 10 and has 5 Signed up. Horst then proclaimed his willingness to lead the Coast to Coast 2000 which brought sighs of relief and loud applause.

The meeting ended and we lined up for the usual goodies and the chattering and jollity resumed. I envision some day Calgary, Ottawa, Nanaimo and other centers connecting to Vancouver by television and friends of past tours laughing and recounting experiences.

On a sober note I would like the membership to know that we had our very first draw when the Tour de la Belle Quebec was over subscribed. The Executive wants to give everyone the same fair chance of getting on a tour and we're working to devise an even better method of selection Look for further news in future Newsbriefs.

The Island picnic was cool, down right cold in fact. although sunny as in past years. Bill Hook kept warm in front of the stove heating his famous chilli. Jan took on the important job of collecting money after supervising a splendid bunch of volunteers. The guests began arriving. First the locals, then in long strings, the Ferry arrivals---more than 50. The total at the Picnic numbered more than 100 This day kicked off the cycling season for 1999. Rolf Addressed the interested ones re the first ride----Bill and Barbara lead the slower while Doc takes the Speeders. Next day Sonja and Barbara lead the next day. Brenda and Art after that , then Jan and lastly Theresia on Mayne Island. Let the tours begin.

## Editors Report.

Mary is back doing the Newsbrief in June. Thanks to all the people that contributed with articles and made the production of the last three Newsbriefs an enjoyable experience. Have a good summer.

## Coming Events Calendar.

### May

May 5-9 Victoria Spring Picnic; Hub & Spoke Tour  
May 6 Directors Meeting, Sidney  
May 10-13 Mayne Island Hub & Spoke  
May 18-27 Toppenish Hub & Spoke

### June

Jun 3 Directors' Meeting  
Jun 27- Jul 10 Okanagan- West Kootenay Tour.

### July

Jul 8 Directors' Meeting  
Jul 12-21 San Juan Islands Tour

### August

Thu Aug 5 Annual Picnic, Deas Island Park  
Aug 7-26 Tour de la Belle Province de Quebec  
Aug 25-30 Ottawa Hub & Spoke  
Aug 29- Sep 16 Around Lake Ontario Tour (A LOT)

### September

Sep 2 Directors' Meeting  
Sep 8- 14 Fraser Valley Hub & Spoke

### October

Oct 7 Directors' Meeting

### November

Nov 4 Directors' Meeting

### December

Wed Dec 1 Banquet & Dance  
Thu Dec 2 Annual General Meeting

# NEWSBRIEF

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 5<sup>th</sup> of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS.

Membership fees: Single \$ 25; Couples \$ 35. The month your dues expire is shown on the address mail-out label.

## 1998 / 1999 DIRECTORS.

President	Dennis Parsons 250 881 1170
Vice/Pres./Tours	Ted Stubbs 604 321 2784
Treasurer	Bob Douglas 604 435 3893
Secretary	Catherine Lynch 604 543 0956
Equipment	Jim Jeffrey 604 943 0924 Dan McGuire 604 942 3235
Membership	John Peck 604 538 0195 Carl Rorison
Newsbrief	Mary Eickhoff 604 535 2513 Rolf Petersen 250 384 6804
Office Manager	Glen Smith 604 521 1007
Social Convenor	Carl Rorison 604 530 6289
The Island	Horst Hees 250 389 1152
Senior Games	Barbara Hetzer 250 995 8430
Tours Assistant	Bob Miller 604 263 3905
Others	Barton Howes 250 378 0927
Club Contacts:	
Ottawa.....	Garfield Clack 613 729 9384
Calgary.....	Zel Harvie 403 228 4934
Club Jerseys	Andre Kaufmann 604 581 3923

## New CCCTS

### Members.



Boate, Mary & Jim  
02 Osgoode Gate, Courtice, ON L1E 1V8.

Brooks, David 780-437-0307 or 3715  
108 Street, Edmonton, AB T6J 1B5.

Griffioen, Walter & Marion  
252 Chestnut St., New Westminster, BC V3L 4N1.

Mabee, Dick & Bonnie  
82 Queen Elizabeth Drive, Ottawa, ON K2P 1E4.

Maxwell, Bernice  
RR#3, Box 154A, Portage la Prairie, MB R1N 3B2.

McKay, Gordon 250-492-5146 204-335  
Churchill Ave., Penticton, BC V2A 1C9.

Piontek, Stanley  
1605-777 Cardero St., Vancouver, BC V6G 2G4.

Rawson, Dick 03-540-3766  
615 Rocks Road, Tahunanui, Nelson.  
New Zealand, 7001.

Rudeloff, Walter 604-224-6391  
4085 West 30 Ave., Vancouver, BC V6S1X4

Sanders, Stan & Joan 253-564-4280  
143-6824 19th St. W., Tacoma, WA,  
USA. 98466-5500

Skinner, Gerald 250-493-7376  
103 Bennett Avenue, Penticton, BC V2A 2P4.

Tuffs, Richard 780-481-0968  
84 Wahstad Cr NW, Edmonton, AB T5T2W8

Vogt, Kim 604-922-1359  
24-2145 Haywood Ave., West Vancouver, BC V7V1X3

### Give me a brake!!

To stop brake squealing, put two brake-pad-sized pieces cut from green Scotchbrite dish-scrubbing pad between the rim and pads, then ride slowly with the brakes applied lightly. (Don't forget to remove them before you really get going)

### Touring Bike for Sale

Schwinn Voyager

- 52 cm CroMo Frame.
- Fenders and mudguards.
- Computer.
- Pedals and straps.
- Front and rear racks.
- Front light (battery not incl.)
- Asking Price \$650.-

The bike is 5 years old and in good condition. Please call Leo Le Couteur at 604 541 9198.

### Office Chit-Chat.

Last Friday Sally Svensson, new office volunteer, spent the afternoon learning the office procedures. She is already booked to fill in for other volunteers who are unable to do their shift because of holidays, tours or other commitments. On top of that she arrived by car from North Vancouver and gladly hauled away the garbage. This will give Chris Siggers, our regular garbage volunteer another few weeks off duty... Thanks a million Sally. It is encouraging to see someone step up and contribute the way you have done...

The mice have returned. I disposed of one on Friday during my shift. I got a Call this PM from Ken G saying there was another one and what should he do?\*\*\*\*\* What's a guy to do with these city types that 's not dealt with Dead mice?????..

Has any one of the members had any touring experience with a Bob's Trailer.. I would like to hear from them at 1-604-521-1007 or gsmith@smartt.com Mailing address #36-- 8868-16th ave., Burnaby B.C. V3N5A6

Thanks... Glen Smith

### We get Letters.

I read with chagrin Charlie Finnigan's account of his run-in with a member of the RCMP here on the Island. The McInnes' response in the April CCCTS "Newsbrief" adequately describes the law. As a retired member of the RCMP (having spent a few years on Internal Affairs) I am confident that management of the Force is interested in learning of any member who behaves as this one did. If any member of the Force deports him/herself in anything but an exemplary manner we should ride - not walk - to the nearest Detachment and complain.

The matter can be resolved in one of several ways. In a situation such as this, an informal resolution is often preferable but more stringent action is possible - depending on circumstances and the wishes of the complainant. Finally, if the matter is not resolved to the satisfaction of the complainant, an appeal can be made to the RCMP Public Complaints Commission. Mind you, they're a little busy right now!

Dennis Flewelling.



# Prostate Problems are often a raw deal for men.

By Dr. Dave Hepburn.

"OK, Bloggins, we'll check out that ol' prostate of yours today." Ahh....." gulps Bloggins, "how so , doc?"

"Well lets just say we'll use digital technology, now bend over and smile." The prostrate check, the old finger wave, is as feared by men as an IQ check at an NDP caucus meeting.

Today's column is for men with prostrates and the women who love them (the men). Prostrate, an odd word, was always tough for me to differentiate from prostRate as I never recall which one , when ill, rendered you the other.

The prostrate is a walnut sized and shaped gland that sits at the base of the bladder. It is not much smarter than the average walnut and only slightly more active . It wakes up only for sex, otherwise it just lies there prostrate and thinks about ....well....probably not more than sex.

Rarely does it ponder politics , the Blue Jays or why it lives so close to a bladder.

All it thinks about is sex as this in fact is it's sole purpose for living.

The prostrate is the Arnold Swartznegger of the male reproductive system. After 45 years or so of thinking about sex and doing steroids (testosterone) the prostrate gets bulked up pretty good. It gets mean and pumped and as it enlarges it begins to strangle the outlet pipe of the bladder (the urethra).

Prostatic enlargement occurs in all men to a degree but when it buffs up to the point of really strangling the poor urethra, well,

you got yerself a bonafide, brag-at-the-rink, whine to the missus male disease medical condition called BPH "Geez Art, I know I should've scored there, but I got BPH." The whole team will offer guesses as to what that means ranging from Belches Per Hour to Bad Perm Hairdo to Bulging Purple Hemorrhoids. You will stand and declare, "Nope, I got Benign Prostatic Hypertrophy," putting the emphasis on BENIGN. This is NOT cancer.

How can you tell if you are one of the 20 percent of men over age 50 with this condition?

1. First you must be male, women (East German hammer throwers included ) do not have prostrates and seldom get prostate problems.
2. Frequency- going all the time, especially at night when you may be up five or six times.
3. Difficulty stopping and starting- having rushed out of bed with that urge to void, you stand and stand and stand and can usually whistle the entire sound track of Oklahoma !! Before anything actually works. Once you started, you may only dribble, and then just as you think you're done,.....whoops..... you are polishing off Phantom of The Opera before you finally zip up.
4. Yer yerinary stream weakens. No longer are you able to write your name in the snow ( braggarts could also do their middle name and add a nickname at the end). With BHP you'd be lucky to dot the

i's and cross the t's.

5. Inability to delay, or urgency. You know every washroom at the mall intimately but should the stall be occupied by someone whistling the complete works of Andrew Lloyd Webber you may get.....

6. Incontinence - occurs even in Antarctica.

Now, how to fix it. Up until recently, the only way to remedy BHP was by a rotorooter procedure called a TURP, in which bits and pieces of the gland are chopped out through the urethra. Though it is the second most common operation in men over age 65, it is not without its problems.

More recently, two drugs have come "down the pipe" that really help. One is, called Proscar, prevents Arnold from actually getting its steroids but takes a good year to work. Another, called Hytrin, is one I've seen a lot of success with as it tells Arnold to relax those muscles and let the poor urethra go. And now a new procedure is available in which a small antenna is passed into the urethra and microwaves are pulsed in that burn the prostrate. Though this is expensive at \$ 2500, there are side benefits like coming home after after the procedure, full of microwaves, and being able to point toward the chicken dinner and have her cook in eight minutes.

## Red neck medical Terms.

- >Benign.....What you be after eight
- >Artery.....The study of paintings
- >Bacteria.....Back door to cafetaria
- >Barium.....What doctors do when patients die
- >Caesarian section.....A neighbourhood in Rome
- >Catscan.....Searching for Kitty
- >Cauterize.....Made eye contact with her
- >Colic.....A sheep dog
- >Coma.....A punctuation mark
- >D & C.....Where Washington is
- >Dilate.....To live long
- >Enema.....Not a friend
- >Fester.....Quicker than someone else
- >Fibula.....A small lie
- >G.I. series.....World series of military baseball

- >Hangnail.....What you hang your coat on
- >Labour pain.....Getting hurt at work
- >Medical Staff.....A Doctor's cane
- >Morbid.....A higher offer than Ibid
- >Nitrates.....Cheaper than day rates
- >Node.....I knew it
- >Outpatient.....A person who has fainted
- >Post Operative.....A letter carrier
- >Recovery Room.....Place to do upholstery
- >Rectum.....Damn near killed him
- >Seizure.....Roman emperor
- >Tablet.....A small table
- >Urine.....Opposite of you're out
- >Varicose.....Near by

Submitted by Bill Augusteijn.

## "FIRST BIKE RIDE OF THE YEAR".



The first ride of the year, after the winter blah's in Ottawa. That is if you're not a courier! Can be so tiring, invigorating, aching, trimming, appreciative? But one thing for sure, at last, glad to be out on the ole bike again. Even if it's just to slip over to the Post Office. Ah to be a Postman on a bicycle or a Bobby on the beat on a bicycle. Two careers I missed. Now on this first day I decided to go to the market with my

daughter on our bicycles.

The market in Ottawa downtown on the Rideau is large and always entertaining, as in any city, any country, anywhere in the world. You can walk your bike around with you and load up as you go. Watching with humour, the public, the sellers, the fashions, the young, the old, the eccentrics.

In this case it was a bit of each. My daughter had decided to have her tattoo touched up.

Having never in a tattoo shop I was of course intrigued. We went in: -

Wot a site! Kids lined up of all ages, along a psychedelic wall with advertizing on putting it anywhere, anytime, anytime, anyhow. Wow!

We got chatting to a couple of girls, one a young woman with braids down to her waist and all around her head. Dressed in a shift of purples, greens, oranges and reds. A tattoo wouldn't have shown up on her! Her make up was pan cake with racoon eyes and black lipstick to match. I envy these people. Secretly we'd all like to "ave ago."

---

### **Beefs and Bouquets from Abbotsford.**

Yes, Brenda, I have something to say about our town, Abbotsford. Not so long ago we lived in a small town: Problems got sorted out somehow as in no big deal. As we grew, we got a by- pass with bike lanes on both sides, big splendid deal! But preparing for the Western Canada Games we lost them and got a strip in the middle with shrubs and plants instead, a much bigger deal financially. Ah, before I forget, we did get some signs, quite handsome ones really, saying Bike Lane, meaning the outer lane is one foot wider. And that was and is that! For three years a member of our cycle club has represented our needs in both oral and written form on the municipal planning committee: To date nothing to cycle on. So we ride on the road by the 'Rules of the Road' or on the sidewalk, because it is safe there, I am told, with or without a helmet as we have by-laws but no budget to enforce them. Our drivers are considerate mostly, and for some ten years I have tootled around town on my trusted no.1 steed. Now for the good news: It is quick for me to get out of town on my other bike and to cycle in our beautiful valley for a training ride or just to enjoy myself, alone or much better in company. The pavement is good, traffic is light, many parks are here and there and views close are gorgeous. And we will gladly show you ALL at Wayne's Hub & Spoke, Sep 8-14.

Submitted by Christina Radnai.

Anyway my daughter takes over the conversation- says she: "I am really fascinated by your earrings." All six of them on each earlobe.

"Oh these? Yeah real silver, one a year since I was a kid. But the one in my eyebrow was done last year. My nose ring was a gift from my boyfriend and she proceeded to show us one on her lip, her tongue and her belly button. "Doesn't the one on your tongue get in the way" I asked. "Well no, I don't eat as much, it's a reminder, and liquids are easier. Yeah it was painful at first, but I can whistle through it now." What are you in for?" (to my daughter) "I'm having my tattoo touched up it's fading" and she shows her cute little butterfly on her left shoulder. H'm says the girl "Neat," and "what are you having done?" Says I, taking the next risk. (Ha Haaaa) "Oh yeah, well, I'm having another ring put on my clit, my husband's going to love it!" I choked. My thoughts ran wild. "Well, as long as he dosen't rub you up the wrong way" I said. My daughter quickly dragged me into the clinic. The tattooist said "oh yes, we get all kinds," to my giggles. "Me", he says "I haven't got a mark on me, neither has my wife. We don't go in for that sort of thing."

We cycled home all along the Ottawa River, bright sun, rain puddles, laughing all the way.

So when your out on your rides look for something you've never looked into before. You'll be surprised and enlightened.

Tattoo for now,

Betty.

---

### **The Ladner Bash.**

Thirty-two people were present at the monthly Birthday Bash on April 13th at Ricky's Restaurant. The celebrants were Frieda Kaufmann, Don Gowing, Gerry Brereton and Margaret Hunter. For Margaret It was a special birthday. She'll now be able to travel on the ferries free!) Also present was Alyce McKay. Fortunately her bicycle was repaired in time for today's ride. Last week on the way to the ride a car hit the rear of her car, damaging her bicycle! Two of Shirley Fisher's grandchildren who were visiting from Bellingham were also in attendance. Not present and missed was Dorothy Kennedy who had the flu. Together with Shirley and Al, Dorothy is one of the organizers of the birthday dinners. We all signed a get-well card for her and also for Margaret Fyfe. We hope they'll be back to cycling soon! The day began as usual with twenty-two cyclists starting out on the ride from the Ladner Recreation Centre, Fourteen of them made it all the way to Robert's Point, it was easy to tell which ones they were from their ruddy cheeks and wind-blown look as there were strong winds which did not abate all day.

By Frances Bissegger.

## All About CCCTS Camping Tours.

By Bill Augusteijn. ( A LOT Tour Co-ordinator )



There are organized cycling tours in the "Rolls Royce" category. Each night, upon arrival at a five star hotel, a massage, sauna and a sumptuous meal awaits you. The next morning, after breakfast, the tour's handlers stand ready, smiling, with your bike in hand. "The tires are pumped up Sir/Madam" they'll say, "your chain

is oiled and your water bottles are filled". "Lunch is at the halfway point at "Chez Maxim". Have a marvelous ride".

CCCTS tours aren't like that. We sleep in tents, fill our own air mattresses, look after our own tires and water bottles, oil our own chains, pack our own lunches and help taking down the kitchen tent, doing the dishes and loading the truck. That's what make us such a hardy bunch and that's why we can keep the cost down to a fraction of what those luxury tours charge.

There is some disagreement among club members about who should, or should not, participate in our type of tour. Some think any club member should be able to participate, regardless of previous cycling experience or level of fitness. Others are of the opinion that no participant should unduly slow down the entire group nor expect to be "nursed along". I belong to the latter group and here are some of my reasons:

1. There is room for only ONE passenger in the truck (it is illegal to carry passengers in the cargo area) and this one space must be reserved for emergencies. Of course,

### **Believe or Nut !**

Sitting on the side of the highway waiting to catch speeders, a policeman sees a car pattering along at 22 km/h. He thinks, this driver is as dangerous as a speeder. He pulls the car over. In the car are five little old ladies - two in the front and three in the back, wide-eyed and white as ghosts. "Officer", said the driver, "I was doing exactly the speed limit, 22 km/h." The officer, trying to suppress a chuckle, explains to her that 22 was the route number, not the speed limit. The woman thanked the officer for pointing out her error. "Before you go, ma'am", says the officer, "is everybody in the car OK? Your friends seem awfully pale, and they haven't muttered a single peep this whole time".

"They'll be all right in a minute, officer, said the driver. We just got off Hwy. 190".

( By Richard Gibbs)

### **Putting the Brakes on Light.**

A team of scientists at the Rowland Institute for Science has found a way to drastically lower the speed of light. In an experiment, they managed to slow light from its normal speed in a vacuum of 300,000 per second, to just 61 km per hour, the

someone may feel a bit under the weather some day and may want to ride in the truck. This is fine as long as that person realizes that if a real emergency occurs he/she may have to give up his/her seat and cycle the rest of the way.

2. The customary rule is that the truck driver will double back and look for any participant who is not in the camp by 6.00 p.m. (unless, of course, the participant has informed the tour leader beforehand that he/she is going to be late). If that should happen more than twice to the **same** participant, I believe we have a problem. That person causes the total cost of the trip to increase unnecessarily (extra miles on the truck) and that is unfair to the other participants. Another drawback is that if the truck has to leave to look for a participant who has not arrived, it leaves with all the supplies necessary for that evening's meal unless these supplies are first unloaded. In either case, it is an inconvenience we want to avoid. We cycle an average distance of between 80 and 120 km per day. We usually leave at 8. A.M. which leaves 10 hours to arrive by 6. P.M. Any reasonably fit cyclist should be able to do that.
3. Participants who routinely arrive in camp after the truck is unloaded and the kitchen tent already set up, avoid having to help with that activity. That, too, is unfair. It should not always be the same early arrivals who do this chore. It should be shared like all other chores.

If all this sounds a little harsh, let me assure you that in my experience, most participants are more than willing to help one another, on the road or in camp and that if everyone pulls his/her weight, we will have a wonderful trip. With a positive attitude, even if things don't go so well or the weather is uncooperative, and with respect for everyone's feelings and opinions, we're halfway to a successful tour already.

speed reached by an **average cyclist**. ( I must be slowing down).

### **More Light ?**

"It is because light travel faster than sound that some people appear bright until they speak."

### **Welcome to the Bikeways Local.**

This system is a project of the Sanctuary Foundation, jointly funded by the Ministry of Environment and local businesses of British Columbia. The Bikeways system has been developed to provide to the world a resource with which to discover the excellent recreational cycling that B.C. has to offer. Included within these pages are cycling trail and road maps, the Yellowish Pages (a cycling-related business directory), local club listings, and much... much more. Please pass this URL address onto your friends and co-workers, and enjoy the services that we have to offer. <http://www.bikeways.com> .

(Mainly maps and information for Vancouver and Lower Mainland area, but still expanding)

( by John Peck)

# CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable 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.
- Wear approved Helmet when cycling.

---

### **Please note - when applying for Tours :**

For information on specific tours contact tour leader.

To register for tours call the office.

All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour.<

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## **1999 Tours (listed in date order)**

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### **!!!! France & German tours now Approved !!!!!**

#### Victoria Hub & Spoke

May 5 - 9;

Tour completed.

#### Mayne Island Hub & Spoke

May 10 - 13;

Tour completed.

#### Toppenish Hub & Spoke.

May 18-27; Dan Baris 509 865 2315

Max 50 Persons. Cost \$100 US = \$160 Can. \$10 Non refundable Deposit. Balance Due 15 April. Tour includes at least 3 meals; a two day winery tour with sag wagon and a night in a motel. You pay for the other meals and lodging or campground fees. Cost in US \$: \$3/person/night for campsite.

\$4/person teepee (group use up to 6 persons)

1. \$12-\$10/ RV depending on hookups
2. Motels vary \$67 - \$45/ room double occupancy.

Call for R.V. reservation: Yakima Nation Resort RV Park  
1 800 874 3087 and identify CCCTS.

Arrangements are presently being made for some group cooking i.e. breakfast and making their own lunch. Each Participant in this group will be assessed a portion of the expenses at the end of the tour. Those wishing to participate in this please contact Chris Siggers (291-1018).

Participants (50) Dan Baris, Jerry Baris, John Peck, Anna Markus, Carl Rorison, Lauren Morling, Ray Wright, Dennis & Freda Scorah, Clara & Wayne Waardenburg, Chris Siggers, Jim & Shirley Mae Jeffrey, Art & Brenda Borron., Margaret Fyfe, Roy Barrows, Dan Kennedy, Glen Smith, Bruce McLean, Chris & Peter Kabel, Christina Radnai, Audrey & Bill Hannan, Dan McGuire, Ed & Jackie Weinstein, Andre Kaufmann, Pablo Bleiker Bill Hook, Barbara Faulkner, Bob Douglas, Rolf & Sally Petersen, Eva Folk, Dan Eaton, Ernie Schmidt, Margot & Ivan Paravan, Dave & Vickie Darts, Harry Tingley, Myrna Korstrom, David Brooks, Cory Koster, Dennis Parsons, Richard Gibbs.

#### Okanagan - West Kootenays

Jun 27 - Jul 10; Dan McGuire 604 942 3235

E-mail: danmcguire@bc.sympatico.ca

Camp Boss: Ed. Weinstein. Wagon Master: Inge Polley.

Maximum 24 Persons. Cost \$350; incl. camp ground fees, meals and support vehicle. We have a volunteer driver. Non-refundable deposit of \$30 required by 17 Mar. Remaining \$320 by 24 May. A vehicle and mobile kitchen supported camping tour of BC's interior mountain region. Starting from Mara Lake near Sicamous and will go past spectacular scenery, historic places, forests, farms, and vineyards; via the towns of Revelstoke, Kaslo, Nelson (rest day), Trail, Greenwood and Penticton (rest day); along lakes such as Arrow, Slokan, Kootenay, Christina, Vaseux, Skaha, Okanagan and Kalamalka; along scenic rivers, the Columbia, Kootenay, Kettle and Okanagan; we will enjoy cycling in BC weather on days up to 100 km across mountainous terrain including five summits, with climbs over 1100 metres (2500 ft.) Participants: Roberto & Sonja Bardati, David & Truus Clark, Robert Curr, June Gallagher, Jim & Ute Grayson, Eric & Kathy Hofman, Jean Horrocks, Jan Johnson, Sonja Joos, Catharine Lynch, Anna Markus, Ness McCulley, Dan McGuire, Bruce McLean, Ian & Inge Polley, Carl Rorison, Bruce Ross, Sally Svensson, Adrian Thompson, Ed & Jackie Weinstein.  
Waiting List (16): (Paid) (In alphabetic order): Barbara Faulkner, Roy & Helen Goodchild, Horst Hees, Bill Hook, Yvonne Miller, Palle Pedersen, Ernie Schmidt. ( unpaid): Dan & Jerry Baris, Bosco Chang, Michael Goldberg, Corry Coster, Wendy Pearson, Ingo Vanderveer, Douglas White, Wayne Waardenburg

#### Nicola Valley Hub & Spoke.

Jul 5-9; Barton Howes 250 378 0927

One Night ride and four Day rides.

Please register by mail through the office. Total Cost \$5, to be paid on registration.

#### San Juan Islands

Jul 12 - 21; Bob Douglas 604 435 3893

Max. 30 Persons. Opportunities for cycling, hiking, swimming and normal tourist activities. Tenting with a support vehicle. Driving will be shared by participants. Estimated cost \$300 Cdn.. Deposit \$20 by Jan 15; Balance of \$280 by June 1. Pay your own ferry fare which should be under \$10/US. Nights in camp: Larrabee Park (1), Deception Pass (3), San Juan Island (2), Orcas Island (2), Lopez Island (1), Larrabee State Park (1).

Participants (30): Bob Douglas, Joan Enman, Jim Betts, Jerry Brereton, John Peck, Bryan Riggs, Donna Nicholas, Bob Miller, Dan Kennedy, Bruce McLean Raynel Merness, Monty Peters, Neil Dobson, Christina Radnai, Dora Ellis, Leslie Hunnie, Sheila Dinsdale, Audrey & Bill Hannan, Frank Weber, Dennis & Freda Scorah, Fritz Niebisch, Helen & Roy Goodchild, Carl Rorison, Barbara Hetzer, Ian Stewart, Horst Hees

Waiting: Ray & Kathleen Wilkinson, Corry Koster, Theresia Keet, Cathie & Bruno Freigang, Betty Darvel Jones, Anne Marie Labourdette, David Brown, Virginia Brown

#### Tour de la Belle Province de Quebec

1999 Aug 7 - 26

Marthe Lambert 418 71 0338 Fax 3380

Lise Brooks 819 827 2943 E-mail cabrooks@cyberus.ca

(Lise will be away 3 April to 5 May; Inquires to Marthe).

Wagon master: Sally Petersen

Maximum: 27 Participants. Non refundable deposit of \$20 will be required by May 1<sup>st</sup> Balance of \$ 680 by June 1<sup>st</sup>

Total Cost \$ 700. ( Bicycle transport on support vehicle from Vancouver Office to Ottawa add \$25 one way; \$50 return).

Distance 1191 km. Departure from and return to Ottawa. Support vehicle, tenting/ hosting available in Montreal, Quebec City, and Sherbrooke. 2 rest days in Montreal & Quebec City, permitting time for tours and sight-seeing.

Leaving Quebec City, the tour will head south towards the Eastern

Townships, The Chaudiere Appalachian range, the beautiful country side of the Estrie region, on to the university town of Sherbrooke, and the scenic rolling hills of the Magog & provincial park area. We will then head southwest running parallel to the US/Vermont border, across the Ottawa River at Hawkesbury and travel west to Ottawa route #148.

Members wanting to sight- see in Ottawa can spend two days touring the Hub & Spoke day trips around the capital (following). Participants must be prepared to ride distances from 80 to 115 km. Shorter days have been planned for the hills in the Chauderie-

Appalaches, Eastern Townships, Estrie and Monteregie region. Participants:(27) Marthe Lambert, Lise Brooks, Renaud Fontaine, Rolf Petersen, Sonya & Roberto Bardati, Mary Eickhoff, Joan Engman, Ann Miller, Ed & Jackie Weinstein, Brenda & Art Borron, Timothy Pickering, Mary Edwards, Joyce Bowen, Andre Milaire, Victoria Bernhardt, Geraldine & James Reid, Bruce Ross, Jack Shepherd, Leila Montgomery, Eleanor Bannister, Marilyn Murphy, Anna Marcus, Carl Rorison.

Wait List: Wendy Pearson, Josie Zewiec, Jean Horrocks, Helen & Roy Goodchild, Valerie Wellburn, Pat & Ted Stubbs, Geraldine Weima, William Augustejn, Jim & Mary Boate.

**Ottawa Hub & Spoke**  
1999 Aug 24 - 27; Garfield Clack 613 729 9384  
E-mail: ay915@freenet.carleton.ca  
Participants:(7 ) Wendy Pearson, Joan Engman, Vicky Bernhard, Pat & Ted Stubbs, Sally & Rolf Petersen

### **Ottawa Hub & Spoke**

1999 Aug 24 - 27; Garfield Clack 613 729 9384

E-mail: ay915@freenet.carleton.ca

Participants:(7 ) Wendy Pearson, Joan Engman, Vicky Bernhard, Pat & Ted Stubbs, Sally & Rolf Petersen

### **Around Lake Ontario Tour (A LOT)**

1999 Aug 29 - Sep 16

Garfield Clack 613 729 9384 ay915@freenet.carleton.ca

Gerry Sutherland 613 828 9502 nstn1279@fox.nstn.ca

Bill Augustejn 905 896 3749 augustejn@globalserve.net

Wagon master: Sally Petersen

Camping with support vehicle and driver, cooking teams, maximum participants 25. Total Cost \$ 700. \$ 100 non-refundable deposit by May 1<sup>st</sup> . Balance of \$ 600 by July 1<sup>st</sup>. (Bicycle transport on support vehicle. Vancouver Office to or from Ottawa add \$25 one way \$50 return)

.The tour is being planned from Ottawa, but participants should register and pay in the usual manner at the CCCTS office.

The tour will have 15 cycling days and 2 rest days in Niagara Falls and a day in each of Toronto and Kingston. Using most of last year's route, this trip will expose the participants to

The essence of southern Ontario and upper New York state. From the beauty of the nation's capital we travel through the quaint town of Merrickville and on to Brockville and the university town of Kingston; then over to New York state by 2 ferries across the mighty St. Lawrence and on through the quaint communities of Sackets Harbour, Oswego, Pultneyville (the end of the 'underground railroad' ), Hamlin Beach, and back to Canada at Niagara Falls (honeymoon capital of the world and the Shaw festival).By bicycle and bus we travel to Toronto for a day of sightseeing (the worlds tallest free-standing building, the Skydome, museums, etc.). Then on to typical small-town Ontario, passing through Bowmanville, Brighton and Picton, before returning to Kingston. After a day of sightseeing we meander along the famous 'Perth Road' and then, all too soon, it's over and we are back in Ottawa.

Participants:(21) Bill Augustejn, Joan Enman, Jean Horrocks, Dan McGuire, June Gallagher, Barton Howes, Faye Wilson, Irene Hlousek, Brenda & Art Borron, Rolf Petersen, Bob Miller, Ann Miller, Pat & Ted Stubbs, Josie Zewiec, Wendy Pearson, William Russell, George Edmonds, Sally Svensson, Dick Rawson

### **Fraser Valley Hub & Spoke**

Sep 8 - 14; Wayne Waardenburg 604 826 3044

Cost: \$ 100 Due Aug. 1st. At least one Restaurant meal included (No charge for those just riding with us on a daily basis).

Only those camping- RV-ing with us and participating in the meals need to sign up.

Those bringing Rvs' please let us know what type and length.

Daily assembly: Matsqui Village Park, Riverside Road, Abbotsford.

Time: 9 am

Proposed Destinations; Fort Langley, Cascade Falls Reg. Park, Kilby Store & Prov. Park, Yarrow, Bridal Veils Park (from Chilliwack), Lynden, Wash., Deming, Wash.

A couple of Routes are in the USA. Let me know if this is a problem for any of you.

We are located in the Fraser River Flood Plain. This year there is a threat of flooding. If this happens, we will have to cancel or postpone the tour till next spring. ( Nobody should pay till the middle of July, after the threat of flooding is past).

Length of day trips: 60 - 90 km; most routes are fairly flat.

Accommodation: Out of town participants are invited to stay at our place; We have ample room for tents and a few RV's. If enough people sign up, we will have our meals together, utilizing our double garage instead of the shelter.

Facilities: 3 bathrooms, 2 showers, rec. room, washer & dryer.

Maximum: 25 campers.

Nearest motel: 5 km

Before signing up, potential participants should consider the following:3.

4. 1. We live close to the CN mainline; Traffic noise may be bothersome;

2. RV's must be self-contained; no hook - ups;

3. Since you are on private property, some house rules apply:

No smoking, swearing or foul language in the house. No maid service - clean up after yourselves.

Participants(21): Wayne Waardenburg, Donna Nicholas, Jan Johnson, Anne-M Labourdette, Margaret Fyfe, Roy Barrows, Horst Hees, Dennis Parsons, Carl Rorison, Corry Koster, Audrey & Bill Hannan, Shirley Fischer, Dorothy Kennedy, David Brown, Tamas & Wendy Sandor, Mark & Ruby Meunier, Dan Eaton, Bryan Riggs

### **German Tour**

1999 Sept. 9<sup>th</sup> (Departure Date) Max Bissegger 604 536 3202

Fritz Niebisch 604 588 2408

Monty Peters 604 942 8378

Max. Participants: 20

Names Submitted (in alphabetic order):Max Bissenger, Joyce Bowen, Ursula Bowen, Fritz Niebisch, Monty Peters

1. We set the departure date for Sept 9<sup>th</sup>. 1999

2. Maximum Participants: 20

3. We stay in hostels most of the time, on 3 or 4 nights we intend staying in small hotels or inns, (where hostels are not available or inconvenient , a hotel will be booked).

4. The Budget we worked out to \$ 1100.- included Hostel and hotel accommodations, train transportation incl. bikes, maps, directions and a support vehicle.

5. We have a new member on our team, he is Monty Peters. He has access to the Internet and will get information and firm Costs, availability and all the other important stuff required for the trip. When the time comes, he will confirm dates, prices and locations; what will be supplied (breakfasts), and what is not supplied, and do the final bookings for us.

## **A nonrefundable deposit of \$100.- is due by June 5<sup>th</sup>. 1999**

As of this date the trip should be as follows:

- Day 1) Arrival in Frankfurt, Transfer to hotel in Bingen
- Day 2) cycle from Bingen to Kim ca. 58 KM.
- Day 3) Kim-Traben Marbach -Zeltingen ca. 58 KM.
- Day 4) Zeltingen-Trier ca. 76KM. cycling in the Mosel valley
- Day 5) Trier-Bernkastel-Kues ca. 70 KM.
- Day 6) Bernkastel-Kues-Cochem ca.78 KM.
- Day 7) Cochem-Braubach ca.63 KM.
- Day 8) Restday ? possibly canceled for budget reasons
- Day 9) Braubach-Limburg ca. 65 KM.
- Day 10) Limburg-Wetzlar ca. 59 KM.
- Day 11) Wetzlar -Marburg ca. 46 KM.
- Day 12) Marburg-Restday
- Day 13) Marburg-Frankenber-Waideck ca. 92 KM.
- Day 14) Waldeck-Hann.-Muenden ca. 67 KM.
- Day 15) Hann.-Muenden-Hoexter ca.68 KM.
- Day 16) Hoexter-Hamein ca. 72 KM.
- Day 17) Hameln -Departure to Frankfurt and home.

### Provence, France

1999 Sept 16<sup>th</sup>. - Oct 6<sup>th</sup>.

Andre Milaire 604 872 4801

Maximum Participants: 12

Names Submitted ( 16 ) (in alphabetic order): Jerry & Valerie Brereton, Bosco Chang, Eleanor Giffin, Leonie Hannie, Jack Hickman, Don & Maureen Holloway, Bernie Maxwell, Ray Merness, Leila Montgomery, Andre Milaire, Monty Peters, Ron & Janice Pickerell, Jack Sheppard, Glen & Jean Smith

### Cross Canada 2000 (Coast to Coast)

2000 May - Aug;

Horst Hees 250 389 1152

I am happy to be coordinating the year 2k "Sea to Sea" tour on behalf of our CCCTS.

This tour is still over a year away and if past experience has anything to teach us it is that the number and names of the participants are likely to change several times for various reasons. So please do not hesitate to add your name to the waiting list if you are considering to participate on this trip. The maximum number will be around 30.

Since this tour will start around this time of the year, it may be useful to check out the equipment you planning to use, if you already have it. To see if you are happy with it or wish to make any changes. Especially the tent, air mattress, sleeping bag, since on a long tour like this we can expect some cold as well as wet nights. You may also want to consider the panniers you are planning to take. Even though the truck will carry most of our equipment, we will probably want to carry some extra clothes, maybe a diary, the all-important lunch as well as rain gear, etc. There are some waterproof ones available or plastic bags inside the panniers may serve to keep the contents dry. It is most important to select the clothes that keep us warm and dry in cool and wet weather and cool in hot, wick the moisture away from our bodies and keep sun and mosquitoes from doing us harm. For little side-trips on foot in towns, on hikes some biking shoes are more comfortable than others - worth considering.

Most important is the engine - 100 km/day, rain or shine - will we be ready - what needs to be done ?

**Please give us your ideas to make this a successful Tour.**

**Please address your comments to: Horst Hees c/o CCCTS Office.**

A vehicle supported camping tour with days off/ rest days at residences of universities or facsimile in larger Centres. Starting time: Last week of May, ending in August. The Route will bypass Northern Ontario. Participants must be prepared to ride 90/100 kms daily. \$30 non refundable deposit to be submitted with application. Final cost +/- \$3000 will be announced by June 30/99  
Participants (38 ): Barton Howes, Sally Svenson, , Dennis Flewelling, Marthe Lambert, Renard Prefontaine, Robert Boyack, Jack Roy, Marilyn Murphy, Jackie Weinstein, Timothy Pickering, Richard Gibbs, Eric & Kathy Hofmann, James Erickson, Suzanne Gagnon, Shirley Fisher, Sharon Lindsay, Lorraine Singh, Noreen Finken, Valerie Welburn, Sonja Joos, Peter Boer, Bosco Chang, Judy Jackson, Lise Brooks, Geraldine Weins, Ness McCulley, Dan Eaton, Ed. Ungrin, G. & J. Reid., Wendy Pearson , Jantien Golsteyn, Ronald Eade, Donna Nicholas, Raynel Merness, Alex Vennos, Ernie Schmidt, Bryan Riggs

### B.C. Seniors Games.

Just a reminder about the games. August 25<sup>th</sup>. - 28<sup>th</sup>. 1999 in Fernie. Please submit your success, if you wish as soon as possible after the Games to the office c/o Leo Comeau. Leo will be so kind to put your names, medals, times (if known) in the September Newsletter. I wish you all a wonderful time. Good luck and safe cycling.

Barbara Hetzer.

### Re: 1998 Alaska Trip.

B.C. Rail has refunded two Prince George to Vancouver fares. One refund has been traced to a member who travelled by Rail Pass, but we have been unable to determine who owns the other refund. Would the rightful owner please write to the office.

### Vancouver & Vicinity Weekly Rides.

#### **Sundays:**

**Vancouver** ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) The usual ride is to Steveston but we occasionally try different destinations on the 2<sup>nd</sup> Sunday of each month.  
Contact Bob Douglas 435 3893.

#### **Tuesdays / Thursdays:**

**Ladner**- Meet at 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, 22<sup>nd</sup> and Marine Drive for different destinations each week.  
Contact Mel or Betty 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.

**Pitt Meadows** ~ Meet 10 am at Lougheed Hwy & Dewdney Trunk Rd (turn right at 1<sup>st</sup> traffic light after crossing Pitt River eastbound).

Contact Margaret Fyfe 433 4115 or Roy Barrows 939 8989

### Vancouver Island Weekly Rides.

#### **Victoria :**

**Sunday** ..... Meet 9 am at Big Apple Bagels at the Saanich Plaza.  
**Wednesday** ...Meet 9 am at Quadra & Chatterton (near Pat Bay Highway).  
Contacts : Horst Hees 250 389 1152  
Rolf Petersen 250 384 6804

#### **Nanosee / Parksville:**

Meet 10 am at Nanosee Place, 2925 Northwest Bay Rd.  
Contact : Diana / Al Lifton 250 468 5696

### Ottawa Weekly Rides.

Thursdays ~ For details Contact : Garfield Clack 613 729 9384  
Bobbie Redmond 613 225 5058  
Gerry Sutherland 613 828 9502

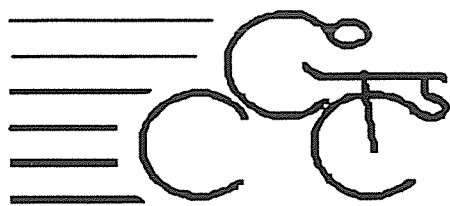
### Calgary Weekly Rides

With the "Elbow Valley Easy Riders".

Their rides are on Tuesday and Thursdays, Apr 15<sup>th</sup> to Oct 15<sup>th</sup>.

If traveling through Calgary and interested in cycling with this group.

Contact: Joan Engman 403 288 7910



# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 16 No. 06

June Editor - Mary Eickhoff

June 1999

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
http://www.vcn.bc.ca/cccts/

Phone/Fax: 604 433 7710  
E-mail: cccts@vcn.bc.ca

Here's to Summer '99 Cycling Tours with CCCTS

## PRESIDENT'S CORNER

Dennis Parsons

Just back from another holiday. This time in Toppenish, where we enjoyed Dan and Jerry's hospitality. The weather was fine and the rides that I took were excellent. The drivers were especially courteous; swerving widely to pass or slowing behind us until the view ahead was clear. Dan has done this tour for many years and is tiring of it. David Brown wandered into camp and volunteered to put on a similar tour in the future. Nice eh! Others will enjoy the crisp dry air at that altitude. Perhaps the fresh local asparagus, the sight of hops trellises and the smell of mint, grown for your favourite chewing gum.

I mentioned last month that we are working to improve tour arrangements so that the utmost fairness is achieved and confusion is avoided. In the future, only tours which have been approved by the Board will be announced in the Newsbrief. An approved tour is one where the leader produces a satisfactory itinerary with maps, has made enquiries about accommodation, calculated the cost per participant and set the number to be accommodated. The leader, being a volunteer, should have the privilege of selecting people he wants, but up to a reasonable number. Again, the Board must approve a tour, but its purpose is to help a leader provide a successful tour. We have the tools - you finish the job. When your tour has been approved, all monies required must be paid to the treasurer of the CCCTS. We suggest a hefty deposit; refundable with just cause but otherwise with deductions for costs incurred. Deal with the leader if you want information about the trip. Who knows more about his tour? As for becoming a leader, you might want to know if a sufficient number would be interested. You are invited to take a poll through the Newsbrief but those responding will gain no pre-announcement privileges. I've tried to be succinct but if there are any "what ifs", give me a call (leaders only, please).

Dennis.

## Editorial Pronouncements.

Mary Eickhoff

Okay, now that you've had your taste of high-tech publishing it's back to basics. Please note that the July issue of the Newsbrief will be a combo Jul/Aug so if you have info that needs to be published during our annual summer hiatus please submit it by July 5 for mailout in July, as the next issue will follow the September directors' meeting.

## COMING EVENTS

1999

### JUNE

Jun 27-Jul 10 Okanagan-West Kootenays Tour

### JULY

(No directors' Meeting > Newsbrief mailout mid-month)

Jul 12-21 San Juan Islands Tour

### AUGUST

(No directors' meeting > No Newsbrief)

Thu Aug 5 Annual Picnic, Deas Island Park

Aug 7-26 Tour de la Belle Province de Québec

Aug 24-27 Ottawa Hub & Spoke

Aug 29-Sep 16 Around Lake Ontario Tour (ALOT)

### SEPTEMBER

Sep 2 Directors' Meeting

Sep 8-14 Fraser Valley Hub & Spoke

### DECEMBER

Wed Dec 1 Banquet & Dance

Thu Dec 2 Annual General Meeting

## COMMUNICATIONS

### Flowers for a Gentleman

Dora Ellis

A Huge Bouquet of Red Roses to Jan Grove for going out of his way to pick me up and show me the way to "Big Apple Bagels." I enjoyed the Scenic Victoria City Tour and East Sooke Park rides because you made it possible. Nice riding with you. Thanks a lot - Jan Grove and all members of Victoria Hub & Spoke for a great weekend.

### Dear Editor

Raynel Merness

I intend to tour Scotland this year. Probably starting at Carlisle and following the coast up to Ayr, then some Island hopping to Oban, then on to Inverness and return down the East Coast. I wonder if you would be kind enough to place a small note in the Newsletter asking our members if anyone has ridden this route and/or would like to join me.

Anyone who may have information for me can call collect to 604 885 4506.

Grandma

Author Unknown (?)

*In the dim and distant past  
When life's tempo wasn't fast,  
Grandma used to rock and knit,  
Crochet, tat and baby sit.  
When the kids were in a jam  
They could always count on Gram.  
In an age of gracious living  
Grandma was the one for giving.*

*Grandma now is at the gym,  
Exercising to keep slim.  
She's off cycling with the group  
Or mountain hiking with a troupe.  
Driving off to ski or curl,  
All her days are in a whirl.  
Nothing seems to stop her  
Now that Grandma's off her rocker.*

(Can you guess the author? Maybe a Grandma we know, who's slim, cycling, and whose 'days are in a whirl'; certainly a poet with talent and wit.)

**PESKY PROSTATE PROMPTS PLETHORA OF  
PELVIC PROSE  
par exemple...**

The Editor, the Newsbrief Robert Helms

Dr. Dave Hepburn, who wrote such a glowing report on Proscar and Hytrin in the May issue of the Newsbrief, appears to be something of a pill pusher. It is very well for him to be upbeat about this matter, he is probably not yet taking this medicine himself.

However, I have subscribed on and off to a medical letter called "Health and Healing" by a Julian Whittaker, M.D. He is also a bicyclist and did a 4000 mile tour in 10 weeks across the USA in 1995 starting from Bellingham, with a side trip into Canada, in the company of 70 others. He maintains that the conventional bicycle seat does cause chafing and pressure sores, etc., and it also does permanent damage to nerves and organs such as the prostate. Furthermore, that long-distance cycling can and does cause impotence in men.

During 1000 miles of this trip, he used a saddle called "Easysat", consisting of two kidney-shaped platforms that support each buttock. He said that it took two days to get used to it. One of the other riders had bought three of them, just in case they went out of production. He also used another saddle named "Biko", which served the same purpose.

In my own case, I have tipped my saddle forward - a lot, and I do have sympathetic inquiries from other cyclists regarding my discomfort. In fact there is no discomfort and I have never slipped off it. I think it does almost as good a job as the split saddle, putting most of the weight on the buttocks, where it belongs.

I also received a booklet in the mail last week from the same doctor, where he mentioned that *The Associated Press* recently has reported that a major clinical test, sponsored by the drug companies, revealed that Proscar worked no better than placebo sugar pills, and that Hytrin was not doing much better either.

My medical book "Nutritional Healing" (600 pages, written by two doctors, bought at Costco) tells me that prostate cancer is one of the most overtreated ailments in N. America. I think that it only confirms that doctors do not have a magical pill, and we would be wise to do some preventative work long before we run to them for help.

.../ctd.

In short, according to Whittaker, male cyclists do have an alternative to *Proscar*, *Hytrin*, *Viagra*, and other prescription medicine, and a good saddle and good nutrition is the place to begin.

The Editor Harry Seddon

I really enjoyed the article by Dr. Dave Hepburn (is he one of our members?)... What a great sense of humour he has, and how refreshingly reassuring and matter-of-fact he is about a subject that concerns many men - the prostate problems that so often accompany aging.

The 'Newsbrief' editors are to be congratulated in offering such an article on a subject still considered by many to be 'delicate' and not to be discussed in polite circles! [*Take a bow, Rolf.*] As with breast disease in women, I'm very glad that the "prostrate" has come out of the closet where we can deal with it. I found Dr. Dave's article very informative and one that I will share with my own doctor very shortly.

One question. I understand that prostate and other genital problems can be brought on, or made worse, by cycling. Merely sitting down on a hard, narrow saddle and working the legs and lower trunk for a considerable period of time can be, one hears, not good for the sex organs. Does anyone have any hard (if you'll pardon the pun) information on that? Can we look for a follow up article from Dr. Hepburn?

I am sure that many of us male cyclists would like to know more about any connection that might exist between two of the great pleasures in life - and how we can ensure their continuation for many years to come!

Political Views in the CCCTS Newsbrief

Ken Grieve has objected strenuously to the political stripe of Dr. Hepburn's finger wave comment and wishes our members to be assured that we are completely secular and non-political.

(Ed.)

**1998/99 Directors:**

President	Dennis Parsons	250 881 1170
Vice-President/Tours	Ted Stubbs	604 321 2784
(away May-Sep - refer to Bob Miller, Tours Asst., below)		
Treasurer	Bob Douglas	604 435 3893
Secretary	Catherine Lynch	604 543 0956
Equipment	Jim Jeffrey & Dan McGuire	604 943 0924 604 942 3235
Membership	John Peck & Carl Rorison	604 538 0195
Newsbrief	Mary Eickhoff & Rolf Petersen	604 535 2513 250 384 6804
Office Manager	Glen Smith	604 521 1007
Social Convenor	Carl Rorison	604 530 6289
The Island	Horst Hees	250 389 1152
Seniors' Games Rep.	Barbara Hetzer	250 995 8430
Tours Assistant	Bob Miller Barton Howes	604 263 3905 250 378 0927

**Club Contacts:**

Ottawa Contact	Garfield Clack	613 729 9384
Calgary Contact	Zel Harvie	403 228 4934
Club Jerseys	Andre Kaufmann	604 581 3923



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## TOUR REPORTS

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### *Mayne Island*

*Eva Folk*

On Monday, May 10th, the remnants from the Victoria Hub and Spoke tour, and a few mainlanders, arrived at Theresa Keets' lovely Mayne Island home.

After having a welcoming coffee and a good look around, they picked their sleeping places in the large house. Hardy Sylvia Mather put up her tent

next to the lapping ocean waves. Then all went exploring Mayne Island.

In the evening they arrived at Eva Folk's little cottage where she had supper ready. They seemed to enjoy the meal very much and in grateful thanks they sang "For She's a Jolly Good Fellow."

The next two days were spent island hopping. As Seniors ride free on BC Ferries the first four days of the week, it was only necessary to pay the bicycles.

I think everyone enjoyed seeing the beautiful Gulf Islands.

---

### *Toppenish*

*John Peck*

A second Toppenish Hub & Spoke has ended. Our arrival there was heralded by most unusual rainfall. It seldom rains in Toppenish, although there is plenty of water around, for it runs bubbling and murmuring beside most roads, and certainly through all orchards. Such is the success of irrigation schemes from the Yakima River. The next day and all the others gave us good cycling weather.

We camped at the excellent camp ground run by the Yakima Indian Nation. Tents could be pitched on grass under trees and showers were of high class. A few of us enjoyed a group

cooking experiment for breakfast, while others looked after themselves.

Dan and Jerry Baris had planned an interesting round of rides in the vicinity, and we were glad to have at least one of them with us each day, to show us the way. There were three group dinners. For one we rode our bicycles to Zillah, for the second we were at a motel on our wine country tour, and on the last day but one we all enjoyed pizza at the campground.

The most stressful times were had by those who suffered from flats caused by the local "puncture plant", a nasty seed that has two thorns arranged so that one

of them is always up. The rumoured record was something like eight in one day. I wonder how I managed to escape them all.

We are all indeed grateful to Dan and Jerry for planning a most successful tour. Some of us know how much work that can be. We hear a rumour that there may be a repeat tour next year possibly led by another experienced leader from that area. Make sure that you sign up early for it. It is something not to be missed.



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## NOTICES

### *Birth Announcement 1999/05/25 7:30 pm.*

*I've just come from witnessing a birth at the Semiahmoo Mall... the birth of the Semiahmoo Cyclists. If you have any cyclists in your circle, i.e., fathers, sons, grandmas, nephews/nieces, daughters, grandsons, friends of... any of those who like to mount a trusty bike, whether it's on-road, off-road, track, tour, trail... you get the idea, let them know there's a bike club growing on the Semiahmoo Peninsula; that's the South Surrey/White Rock edge of the continent. Dave and Susan Smith of White Rock Cycles are the real parents but there's a growing list of foster parents and other type relatives.*

*You can 'adopt yourself in' just by dropping by the shop at 1465 Johnston Rd, White Rock, and adding your name to the family tree, or call me - (that's ME for Mary Eickhoff, 535 2513).*

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## OTHER REPORTS

### *A Warm Welcome to New CCCTS members:*

<b>Altenkirk, Brian &amp; Meta</b> 1310 South Shore, Dr., Qualicum Beach, BC V9K 2L6	250 752 5001
<b>Bacon, Delmar</b> 2313 Oak Street, Vancouver, BC V6H 2J8.	604 738 4816
<b>Ganchev, Panko &amp; Aggie</b> 1201-139 Clarence St., Victoria, BC V8V 2J1	250 383 9028
<b>Kennedy, Rachelle</b> 203-534 Smith Ave., Coquitlam, BC V3J 7B8	604 937 7622
<b>Magee, Margot</b> 4367 West 15th Ave., Vancouver, BC V6R 3A9	604 221 5955
<b>Seddon, John</b> 458-1680-56 Street, Delta, BC V4L 2L6	604 943 1202
<b>Membership as at JUNE 3:</b>	<b>492</b>

**Ten Good Reasons for Cycling in Ottawa and the National Capital Region.** Garfield Clack.

1. In 1991 a commitment to encourage and promote the use of bicycles was expressed in the City of Ottawa Official Plan and is being followed through on the basis of a Comprehensive Cycling Plan.
2. An extensive network of cycling/recreation paths, together with marked lanes providing cycling routes on city streets, is now well established.
3. Three major rivers converge in the region, making for idyllic riverbank rides.
4. The region is bilingual and multicultural, implying a high level of gastronomic, performing arts, and plain people-watching, variety. Anglo- and Franco- cycling groups abound.
5. A National Gallery, Arts Centre, Archives and Library, and Museums, all paid for in part from your tax dollars, are there to be explored. Cycle paths come within spitting distance of all of them.
6. The Gatineau hills (irreverently referred to by some west coast visitors as "mounds") begin within a stone's throw of the Parliament buildings, and could still tax your uphill pedalling endurance. In the Fall, visitors come from 100 miles away to experience the colours.
7. Motor vehicles are excluded from some major parkways around the region on summer Sunday mornings. On these occasions the world and his wife seem to get out and push on their personal wheels.
8. Although there are still Yobbos about, a relation of mutual respect and regard between cyclists and motorists has been growing...
9. ... like the number of CCCTS members in the region. At the last count there were two dozen of us. There has been a regular Thursday ride for going on ten years now. Between us, we would be happy to guide and advise club members visiting from afar.
10. This final point lists other attractions which we leave to your imagination to develop more fully after your first/next visit. And happy cycling.

(99/05/01)

**New Cycle Route:**

**Surrey Parkway-Peterson Hill Section**

Greater Vancouver cyclists will be pleased to hear that the ribbon-cutting ceremony was performed on Wednesday, June 2 at 11:00 a.m.

Surrey Parkway is an off-street pathway system following the Skytrain Guideway. The Peterson Hill section of the Parkway, with separate side by side paths for cycling and pedestrians, is located at the gateway to Surrey City Centre (from the south, at the Gateway Tower 13401 - 108 Ave.) The Parkway will ultimately serve to connect Brownsville Bar and Patullo Bridge with Surrey City Centre, terminating at the King George Highway Skytrain Station and linking from there with other city greenways and pathways.

New Surrey pathway + bikeway maps are available at rec. centres and libraries free of charge.

# 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.
- wear an approved helmet when cycling.

**Please note when applying for tours:**

For information on specific tours, contact tour coordinator.

To register for tours, call/write/fax to the office

All payments, whether for tours or membership, should be sent to the office with a note specifying

- > To be deposited for membership
- or Name of tour. <

## 1999 TOURS (listed in date order)

**Okanagan-West Kootenays**

**Jun 27-Jul 10;** Dan McGuire 604 942 3235

Email: dan\_mcguire@bc.sympatico.ca

Camp Boss: Ed Weinstein. Wagon Master: Inge Polley.

We have the full compliment of 24 cyclists and a driver, and everyone is ready to go on this vehicle and mobile kitchen supported camping tour. We will travel through BC's interior mountain region including five summits, with climbs up to 1100 metres (3600 ft) per day. Each participant is reminded that water may not always be available so take at least two bottles. For the hills a "granny gear" of 25" or lower is recommended. Each cyclist will take a turn on a cooking team, about once per week.

Participants (24): Roberto & Sonja Bardati, Jim & Truus Clark, Jim & Ute Grayson, Horst Hees, Eric & Kathy Hofmann, Jean Horrocks, Jan Johnson, Sonja Joos, Catherine Lynch, Ness McCulley, Dan McGuire & June Gallagher, Bruce McLean, Ian Polley, Carl Rorison, Bruce Ross, Sally Svensson, Adrian Thomson, Ed & Jackie Weinstein

Waiting (12) (alphabetic order): Dan & Jerry Baris, Bosco Chang, Barbara Faulkner & Bill Hook, Michael Goldberg, Corry Koster, Yvonne Miller, Wendy Pearson & Douglas White, Palle Pedersen, Ingo Vanderveer, Wayne Waardenburg.

**Nicola Valley Hub & Spoke**

**Jul 5-9;** Barton Howes 250 378 0927

One night ride and four day rides.

Please register by mail through the office. Total cost \$5, to be paid on registration.

Participants (1): Wendy Pearson.

**San Juan Islands**

**Jul 12-21;** Bob Douglas 604 435 3893

Maximum 30 persons. Opportunities for cycling, hiking, swimming and normal tourist activities. Tenting with support vehicle. Driving will be shared by participants. Estimated cost \$300 Cdn. Full payment of \$300 Cdn was due June 1. Pay

your own ferry fare which should be under \$10/US. Nights in camp: Larrabee State Park (1), Deception Pass (3), San Juan Island (2), Orcas Island (2), Lopez Island (1), Larrabee State Park (1).

Participants (30): Bob Douglas, Joan Enman, Jim Betts, Jerry Brereton, John Peck, Bryan Riggs, Donna Nicholas, Bob Miller, Dan Kennedy, Raynel Merness, Monty Peters, Neil Dobson, Christina Radnai, Dora Ellis, Leslie Hunnie, Sheila Dinsdale, Audrey & Bill Hannan, Dennis & Freda Scorah, Fritz Niebisch, Helen & Roy Goodchild, Carl Rorison, Barbara Hetzer, Ian Stewart, Kathleen & Ray Wilkinson, Corry Koster, Theresia Keet.

Waiting (6) (alphabetic order): David & Virginia Brown, Betty Darvell-Jones, Cathie & Bruno Freigang, Anne-Marie Labourdette.

### Tour de la Belle Province de Québec

**Aug 7-26;** Marthe Lambert, Tour Leader 1 418 871 0338, fx 3380; Lise Fournier Brooks, Coordinator 1 819 827 2943, email: cabrooks@cyberus.ca  
Renaud Prefontaine, Treasurer 1 613 230 5933, email: prefont@netcom.ca  
Sally Peterson, Wagon master 1 250 384 6804, fx. 6804

Maximum: 27 participants. Total cost \$700. (Bicycle transport on support vehicle from Burnaby office to Ottawa add \$25 one way, \$50 return.) Per diem for the wagonmaster is budgeted from tour funds.

### ITINERARY

Aug	(C)=camping	(H)=hostel	km
7	Ottawa to Chute-à-Blondeau (C)		123
8	Chute-à-Blondeau to Montréal (hostel)		96
9	rest day in Montréal - guided bus tour		
10	rest Day in Montréal - on your own		
11	Montréal to St-Barthélemy (C)		95
12	St-Barthélemy to St-Geneviève-De Batiscan (C)		100
13	St-Geneviève-De Batiscan to St-Augustin (C)		85
14	St-Augustin to Québec (hostel)		27
	guided walking tour of Old Quebec		
15	rest day in Québec on your own		
	(optional tour Orleans Island - 100 km)		
16	Québec to St-Joseph-de-Beauce (C)		68
17	St-Joseph-de-Beauce to St-Martin (C)		59
18	St-Martin to Lac Megantic (C)		67
19	Lac Megantic to Birchton (C)		73
20	Birchton to Lennoxville (Bishops University residence) . - visit Sherbrooke		16
21	Lennoxville to Austin (C)		60
22	Austin to Venise-en-Quebec (C)		84
23	Venise-en-Quebec to St-Antoine-Abbé (C)		72
24	St-Antoine-Abbé to Rigaud (C)		77
25	Rigaud to Plaisance (C)		70
26	Plaisance to Ottawa (C)- (Lebreton)		62
Total distance			<u>1234</u>

Participants (28): Marthe Lambert, Lise Brooks, Renaud Fontaine, Rolf Petersen, Sonya & Roberto Bardati, Mary Eickhoff, Ann Miller, Ed & Jackie Weinstein, Brenda & Art Borron, Timothy Pickering, Mary Edwards, André Milaire, Victoria Bernhardt, Geraldine & James Reid, Bruce Ross, Leila Montgomery, Jack Sheppard, Eleanor Bannister, Marilyn Murphy, Anna Marcus, Carl Rorison, Bill Augusteijn, Josie Zewick, Wendy Pearson.

Waitlist (11) (alphabetic order): Jim & Mary Boate, Joyce Bowen, George Edmonds, Helen & Roy Goodchild, Jean Horrocks, Pat & Ted Stubbs, Geraldine Weims, Valerie Welburn.

**Note: new info re support vehicle follows...**

The support vehicle for the Québec & Ontario tours will be leaving Friday, July 30, 12 noon. Those who have paid to have their bicycles transported to Ottawa can drop them off at the Burnaby office between 9 am and 12 noon on that date (and help load the truck). Please note that the CCCTS tourleaders and drivers will not be held responsible for any loss or damage to the bicycles. Please put your name on the bike.

### News Flash - Québec Tour:

CCCTS is a cycling club with an impressive history. Tours are proposed by volunteer leaders, the proposed tour is then presented to the Board of Directors for approval. Our tour received an overwhelming positive response. The Board of Directors decided to have a draw because of over-subscription, and a wait list was established. The tour fee of \$700 was due June 1st for all those selected in the draw.

#### *Very Important News from the Tour Coordinator*

*As you may already know, there has been considerable discussion about how to deal fairly with over-subscribed tours. In an effort to respect the spirit and intent of the CCCTS my organizing team is taking the following steps in regard to the Tour of La Belle Province Quebec. As of June 1st there were vacant spaces for the trip. All of those who were selected in the draw and did not pay their full registration fee by the due date, were then on the wait list. The Board of Directors will now decide how to fill the remaining vacancies, and we trust that everyone's interests will be respected.*

### Ottawa Hub & Spoke Tour

**1999 Aug 24-27;** Garfield Clack 613 729 9384

e-mail <ay915@freenet.carleton.ca>

No deposit fee is required;

Participants pay their own accommodation and food costs;

We would be happy to assist with booking accommodations if asked.

Participants (9): Wendy Pearson, Joan Engman, Vikki Bernhardt, Pat & Ted Stubbs, Bob Miller, Rolf & Sally Petersen, Eleanor Bannister.

### Around Lake Ontario Tour (ALOT)

**1999 Aug 29-Sep 16;**

Bill Augusteijn, Tour leader      augusteijn@globalserve.net

Wagon master: Sally Petersen.

Garfield Clack 613 729 9384 (constnt.) ay915@freenet.carleton.ca

Gerry Sutherland 613 828 9502 (constnt.) nstn1279@fox.nstn.ca

Camping with support vehicle and driver, cooking teams, maximum participants 25. Total cost \$700. \$100 non-refundable deposit was due May 1; balance of \$600 by July 1. (Bicycle transport on support vehicle; Burnaby office to or from Ottawa add \$25 one way, \$50 return.)

Per diem for the wagonmaster is budgeted from tour funds.

**New support vehicle information for ALOT tour members above.**

The tour is being planned from Ottawa, but participants should register and pay in the usual manner through CCCTS Burnaby office.

The tour will have 15 cycling days along with 2 rest days in Niagara Falls and a day in each of Toronto and Kingston. Using most of last year's route, this year's trip will expose the participants to the essence of southern Ontario and upper New York state. From the beauty of the nation's capital we travel through the quaint town of Merrickville and on to

Brockville and the university town of Kingston; then over to New York state by 2 ferries across the mighty St. Lawrence and on through the quaint communities of Sackets Harbour, Oswego, Pultneyville (the end of the 'underground railroad'), Hamlin Beach, and back to Canada at Niagara Falls ('honeymoon capital of the world' and the Shaw festival nearby). By bicycle and bus we travel to Toronto for a day of sightseeing (the world's tallest free-standing building, the Skydome, museums, etc.). Then on to typical small-town Ontario, passing through such towns as Bowmanville, Brighton and Picton, before returning to Kingston. After a day of sightseeing we meander along the famous 'Perth Road' to Perth, and then, all too soon, it's over and we are back in Ottawa.

Participants (24): Bill Augustejn, Jean Horrocks, Dan McGuire & June Gallagher, Barton Howes & Faye Wilson, Irene Hlousek, Art & Brenda Borron, Rolf Petersen, Bob Miller, Pat & Ted Stubbs, Josie Zewiec, Wendy Pearson, William Russell, Sally Svensson, Dick Rawson, Eleanor Giffin, Sonja Joos & Barbara Hetzer, Helen & Roy Goodchild, Sylvia Mather.

### Fraser Valley Hub & Spoke

**Sep 8-14;** Wayne Waardenburg 604 826 3044.

Cost: \$100 due Aug 1; at least one restaurant meal included; no charge for those just riding with us on a daily basis. Only those camping/RV'ing with us and participating in the meals need to sign up. Those bringing RV's please let us know what type and length.

Daily assembly point:	Matsqui Village Park, Riverside Rd, Abbotsford
Time:	9 am
Proposed destinations:	Fort Langley, Cascade Falls Reg. Pk., Kilby Store & Prov. Pk., Yarrow, Bridal Veils Pk (from Chilliwack), Lynden WA, Deming WA. A couple of routes are in the USA. Let me know if this is a problem for any of you.
Please note:	We are located in the Fraser R. flood plain. This year there is a threat of flooding. If this happens we will have to cancel or postpone the tour 'til next spring. (Nobody should pay 'til the middle of July, after the threat of flooding is past.)
Length of daytrips:	60-90 km; most routes are fairly flat.
Accommodation:	Out of town participants are invited to stay at our place; we have ample room for tents and a few RV's. If enough people sign up we will have our meals together, utilizing our double garage instead of the shelter.
Facilities include:	3 bathrooms, 2 showers, rec. room, washer & dryer.
Maximum:	25 campers
Nearest motel:	5 km.

**Before signing up, potential participants should consider the following:**

- 1) We live close to the CN main line; train traffic noise may be bothersome;
- 2) RV's must be self-contained; no hook-ups;

- 3) Since you are on private property some house rules apply: no smoking, swearing, or foul language in the house. No maid service - clean up after yourselves.

Participants (22): Wayne Waardenburg, Donna Nicholas, Jan Johnson, Anne-Marie Labourdette, Margaret Fyfe, Roy Barrows, Horst Hees, Dennis Parsons, Carl Rorison, Corry Koster, Audrey & Bill Hannan, Shirley Fisher, Dorothy Kennedy, David Brown, Tamas & Wendy Sandor, Mark & Ruby Meunier, Bryan Riggs, Peter Cordoni, Chris Siggers.

### German Tour

**Sep 9;** Max Bissegger 604 536 3202, and

Fritz Niebisch 604 588 2408

Max. participants: 20

Accommodation: mostly hostels, 3 or 4 nights at small hotels or inns (where hostels are not available or are inconvenient a hotel will be booked).

Cost as budgeted: \$1100, incl. hostel/hotel accom., train fare incl. bikes, maps, directions, and support vehicle.

Non-refundable deposit of \$100 was due June 5; balance of \$1000 due June 30, 1999.

Itinerary:

	km
Day 1	arrival in Frankfurt, transfer to hotel in Bingen
Day 2	cycle from Bingen to Kirm ca. 58
Day 3	Kirm-Traben Marbach-Zeltingen ca. 58
Day 4	Zeltingen-Trier; cycling in the Mosel valley 76
Day 5	Trier-Bernkastel-Kues 70
Day 6	Bernkastel-Kues-Cochem 78
Day 7	Cochem Braubach 63
Day 8	Restday?; possibly cancelled for budget reasons
Day 9	Braubach-Limburg 65
Day 10	Limburg-Wetziar 59
Day 11	Wetziar-Marburg 46
Day 12	Marburg (restday)
Day 13	Marburg-Frankenberg-Waideck 92
Day 14	Waldeck-Hann.-Muenden 67
Day 15	Hann.-Muenden-Hoexter 68
Day 16	Hoexter-Hanein 72
Day 17	Hamel - Departure to Frankfurt and home

At this time I must emphasize, time is important. I must start to book rooms now. I have received a lot of brochures and literature to back up a trip of a lifetime. Monty Peters is not able to participate in the tour. We are sorry to lose him.

Participants (10): Max & Frances Bissegger, Fritz Niebisch, Ann Foster, Sim Wee, John Cuthbertson, William Armstrong, Fern Sule, Eleanor Giffin, Betty Darvell-Jones.

### Provence, France

**Sep 16-Oct 06;** André Milaire 604 874 4801.

André is in Belgium until July. He has made all reservations for a full complement of participants and wishes to thank everyone for responding; however, as this is a hotel tour, it is not possible to arrange accommodation for more than 14 persons in the group.

Participants (14): André Milaire, Leila Montgomery, Jack Sheppard, John Hickman, Margaret Hunter, Ron & Janice Pickerill, Jerry & Val Brereton, Raynel Merness, Glen & Jean Smith, Don & Maureen Holloway.

Waiting (2): Bosco Chang, Margot Magee.

## 2000 TOURS

### C to C (Sea to Sea) Y2K

May-Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24 from Victoria (Mile 0) (May 25 from Tsawwassen) with around 85 cycling days and about 15 days off at interesting places. The tour ends in Halifax on Aug 31, 2000. We will be going south through the USA around Lake Superior. \$30 non-refundable deposit to be submitted with application; \$300 essentially non-refundable by Nov 1, 1999.

#### CCCTS

When we go on a bicycle tour with the CCCTS we are all going as friends or partners who do their best to take care of each other and the business at hand.

Most of us, who have the time to go for three months across Canada are retired and have gathered a lot of life experiences and skills, which may benefit the entire group. Some may sing with a fine voice or write well while others may like to organize group activities or birthday parties. Some of us may love to do research or have perfect telephone skills, take good pictures, play an instrument or are formidable bookkeepers - we need you all and all of your skills are welcome.

In order to make the most of our trip together I ask you for your suggestions as to what functions we may have a special person take care of, and what we shall call that person.

In the next column I have put a few of my ideas with suggested "titles" or functions, the details of which are still a little vague in my head; so please add your own and enlighten me

→ → → → → → → → → →

Of course to go along with the functions we also need "job descriptions" so that one function doesn't get in the way of the others. Please let us hear your thoughts.

That should keep you busy for a while, while I look after the route we may take.

Love, Horst.

Participants (28): Horst Hees, Barton Howes, Sally Svensson, Dennis Flewelling, Marthe Lambert, Renaud Préfontaine, Jack Roy, Marilyn Murphy, Jackie Weinstein, Timothy Pickering, Eric & Kathy Hofmann, James Erickson, Suzanne Gagnon, Shirley Fisher, Lorraine Singh, Noreen Finken, Valerie Welburn, Sonia Joos, Peter den Boer, Bosco Chang, Judy Jackson, Lise Brooks, Ness McCulley, Dan Eaton, Ed Ungrin, Geraldine & James Reid.

Waitlist (14): Wendy Pearson, Jantien Golsteyn, Ronald Eade, Donna Nicholas, Raynel Merness, Alec Vennos, Ernie Schmidt, Bryan Riggs, Bud Skinner, Arnold Smith, Gordon & Sonie Kennedy, Rachelle Kennedy, Stan Sanders.

Tour coordinator (you've got me. You come up with the job description).

Driver (if we do not want to take turns driving the truck, the driver will be the only subsidized function).

Accountant/Bookkeeper  
(I think we have D.F.)

Publicity Person

Safety Advisor

Accommodation

Confirmer

Route Coordinator (which way out of here, what are the roads like, is there a short-cut, a more scenic way?)

Music Wo/Man

Points of interest researcher

Weather Wo/Man

Bike Advisor

Cooking Team Leaders

Cooking Team Coordinator

Wagon Master

Tent Master

Spirit Person (bottled stuff)

Photographer

Birthday Person

King/Queen for the day.

#### Do you carry I.D.?

At our June directors' meeting, Barton Howes raised the question of the dilemma arising for cyclists if, during a tour, one of them is suddenly involved in an accident, taken ill, or otherwise in need of help and unable to communicate. Glen Smith's vital stats are inside his helmet on labels...

This certainly could be an excellent means of carrying ID and emergency contact information. Think about it. You could print clearly on masking tape or labels, your name, address & phone number, an emergency contact name and phone number, blood type and allergy checkoff, and stick it to the plastic. It wouldn't weigh much and could save your life.

#### Plea to a tour leader from 'A senior cyclist?'

When telling me how I can get there

Leave nothing to gamble or guess.

I won't be upset if directions I get

Assume I'm a moron or less.

So give me some street names to cling to,

Or draw me a map I can scan.

And please be explicit, you maybe can't miss it,

But brother, believe me, I can.

Source: Ann Landers, Vancouver Sun, Sat May 15, 1999

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## VANCOUVER & Vicinity WEEKLY RIDES

### Sundays:

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

### Tuesdays/Thursdays:

- **Ladner**- Meet at 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.
- **Pitt Meadows**- Meet at 10 am at Lougheed Hwy & Dewdney Trunk Rd (turn right at 1st traffic light after crossing Pitt River eastbound). Contact Margaret Fyfe 433 4115 or Roy Barrows 939 8989.

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## VANCOUVER ISLAND WEEKLY RIDES

### Sundays:

- **Victoria**- Meet at 9 am at Big Apples Bagels at the Saanich Plaza. Contact Horst Hees 250 389 1152, or Rolf Petersen 250 384 6804.

### Tuesday/Wednesday/Saturday:

- **Duncan**- Meet at 10 am at A&W, Island Hwy. Contact Cathy McPherson 250 743 5616.

### Wednesdays:

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

### Thursdays:

- **Nanosee/Parksville**- Meet at 10 am at Nanosee Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 250 468 5696.

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## 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.

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## OTTAWA WEEKLY RIDES

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

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## OTHER EVENTS

\*\*\* **Bike For Your Life Cycling Tour - Sat Aug 7/99, Parksville (Vancouver Island), BC** \*\*\*

The "Bike For Your Life" Vancouver Island Society is a non-profit organization that continues to promote cycling by organizing events of fitness and family fun. The focus of the tours is to bring health awareness to the community.

**What to Expect:** Together with former World Cycling Champion Leen van der Meulen, routes have been designed accommodating beginners to the more advanced cyclists plus stationary bicycle stations for physically challenged persons, as well as wheelchair routes and distances, i.e., bike distances 15, 35, 70, 100, 200 km; wheel chair 5, 10, 15, 35 km; stationary 5, 20, 15 km.

A low registration fee of \$5. It is the hope of the society that all interested people can participate. Cost should not be a deterrent. 20% of the registration intake will be donated to the Heart & Stroke Foundation.

Features: - A commemorative medal for ALL participants.- Pancake breakfast 5 am - 11 am  
Prize Draws (held at 4 pm) for: - two night oceanside vacation for four people (in Parksville)  
- 21 speed bicycle - lap-top computer - colour printer  
Drinks and other refreshments at each checkpoint.

For more information contact: Leen van der Meulen tel/fax 250 468 5517; email leen@bc.sympatico.ca  
or Al and Diana Lifton tel 250 468 5696  
or visit our web site at <http://www.island.net/-bikelife/>

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## Huntsman World Senior Games 1999 - The Dixie Center of St. George, Utah, Oct 11-22

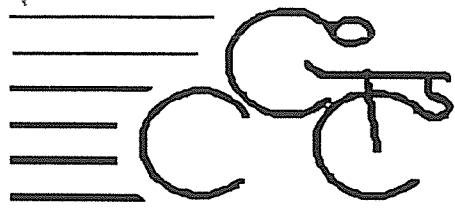
(Cycling events Oct 12-15; Triathlon Sat Oct 16) Cycling fees: \$12/event; Triathlon \$15 (individual).

Call 800 562 1268 or email [hwsg@infowest.com](mailto:hwsg@infowest.com) Brochure filed in newsletter box on office desk.

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 of the month. Membership fees: single \$25; couple \$35.

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



# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 16 No. 07

July/August Editor - Mary Eickhoff

July/August 1999

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
http://www.vcn.bc.ca/cccts/

Phone/Fax: 604 433 7710  
E-mail: cccts@vcn.bc.ca

## PRESIDENT'S CORNER

Dennis Parsons

### In memory of Ken Brothers.

Ken was my first contact with mainland members. We, the Victoria Mafia, descended on him for accommodation and sustenance before setting off on Cross Canada '86. He was up to it; treating us royally and regaling us with railroad stories. He got us to the starting gate and later drove that beloved van of his to meet us in Ottawa to provide help wherever possible for the remainder of the trip. He was a member of the Executive at that time too. In '89 he cycled with us in South Africa. I did other trips with Ken and we clinked many a glass of Scotch, but one was always enough --- he had to get up early to make the porridge. He loved to play host and would stand by the pot, ladle in hand, crooning, "Come and get your porridge, cree-amy and smoo-ooth, smoo-ooth and cree-amy." Oliver Twist would have loved him.

◇◇◇

Two items have caught my attention. One is on the back page of our very own June Newsbrief. Mr. Leen van der Meulen is challenging cyclists to ride distances of from 15 to 200 Kms on one day of the year to win Gold medals if they do so for 20 years. This may not be the goal of most people who do their first ride this year, but with a couple more they could become inspired to go for the Bronze (5 yrs.), then the Silver (10 yrs.) and eventually the Big One. What, though, do they do for an encore, if they achieve at 40 or 50 years of age? We in the CCCTS would be doubly happy to have gone the distance. In my case I think the committee would easily agree to necklace me for just turning up in 2019! Do you feel the urgency? Act now. The Ride For Your Life is on the 7th Aug. in Nanaimo. Contact Diana Lifton at 1 250 468 5696, fax 5691. Many members across the country couldn't possibly be there but I am sure that if you had witnesses and sent in the \$5 you would have your name entered in the book. Those on Tour de la Belle Province de Quebec will cycle 123 Kms that day and have 26 witnesses also.

The other item which may be of some interest, I found in a pretty cycling magazine. The Ten Best Cycling Cities in North America include Toronto and Montreal\*. Shocked? Of course you are. What about Ottawa, Quebec City, Vancouver, Victoria? The dweeb must have formed his list from reading Tourist Information blurbs. How else? However, Denver is included and we could find out how Mile High City qualifies if we were invited. How about it Colorado members?

We're having a sunny Canada Day but the ruddy wind and the birds are eating all my raspberries and cherries.

(\*Montreal No. 1; Bicycling Magazine. Only cities with population over 200,000 were assessed. Ed.)



Thursday, August 5



### ANNUAL PICNIC & SWAPMEET - DEAS ISLAND REGIONAL PARK -

located on River Road, 2.5 km E. of Hwy 99 Delta;  
the picnic area is past the heritage home and entrance parking.  
Hotdogs, salads, cold cuts/cheese, melon, juice, coffee/tea - \$4  
Lunch at 12 noon.

If you want to volunteer your help or get directions for the park, call Marg Fyfe 433 4115 or Katryn Jeronimus 943 3627

## COMING EVENTS

1999

### AUGUST

(No directors' meeting > No Newsbrief)  
Thu Aug 5 Annual Picnic, Deas Island Park  
Aug 7-26 Tour de la Belle Province de Québec  
Aug 24-27 Ottawa Hub & Spoke  
Aug 29-Sep 17 Around Lake Ontario Tour (ALOT)

### SEPTEMBER

Sep 2 Directors' Meeting  
Sep 8-14 Fraser Valley Hub & Spoke

### DECEMBER

Wed Dec 1 Banquet & Dance  
Thu Dec 2 Annual General Meeting

## COMMUNICATIONS

### A Tribute to a Friend and Member Leo Comeau

Our friend and member "Ken Brothers" passed away on June 16 at the age of eighty-seven years.

We will always remember Ken for his vitality and stoicism even when his health was failing in the last few years.

The older members will remember him as very active and always tried to help out tours as a wagonmaster, or serving on the board of directors.

When you first met Ken, it didn't take long to know that he was a railroad man and could entertain you for hours of his vast experiences as a train master.

He also loved horses and horse racing and could give a detailed account of many stables and races he frequented in his earlier days. His home was always a stopping place for many outsiders who were coming for a tour or meeting, etc. He loved to whip up a good meal and invite a few of his close friends to share it and enjoy a very pleasant evening. (cont'd)

Ken came from Stratford, Ontario, where he spent most of his life and will be buried there. After his retirement he came to live in Ladner and took up bicycling, and became quite a strong cyclist, joining in the Ladner rides on Tuesdays and Thursdays, including many tours.

Apart from cycling, Ken was an avid traveller and travelled many places throughout the world. He could give quite an accurate account of what he had seen and enjoyed. His last trip to Great Britain proved to be too much for him. He became sick at the Toronto airport on his return and his companion, Joan, took him to the Toronto General Hospital where he passed away after a few days of illness.

On behalf of all CCCTS members, Adrienne, and I, we extend to his family and his companion, Joan, our deepest sympathy and we share with you the sorrow of losing a friend and loved one.

To quote from a source unknown...  
*"My life's been full, I savoured much;  
 Good friends, good times, a loved one's touch.  
 Perhaps my time seemed all too brief,  
 Don't lengthen it now with undue grief.  
 Lift up your hearts and share with me,  
 God wanted me now; He set me free!  
 To live in the hearts we leave behind is not to die."*

May he rest in Peace.



<b>1998/99 Directors:</b>		
President	Dennis Parsons	250 881 1170
Vice-President/Tours	Ted Stubbs	604 321 2784
(away May-Sep - refer to	Bob Miller, Tours Asst.,	below)
Treasurer	Bob Douglas	604 435 3893
Secretary	Catherine Lynch	604 543 0956
Equipment	Jim Jeffrey & Dan McGuire	604 943 0924 604 942 3235
Membership	John Peck & Carl Rorison	604 538 0195
Newsbrief	Mary Eickhoff & Rolf Petersen	604 535 2513 250 384 6804
Office Manager	Glen Smith	604 521 1007
Social Convenor	Carl Rorison	604 530 6289
The Island	Horst Hees	250 389 1152
Seniors' Games Rep.	Barbara Hetzer	250 995 8430
Tours Assistant	Bob Miller Barton Howes	604 263 3905 250 378 0927
<b>Club Contacts:</b>		
Ottawa Contact	Garfield Clack	613 729 9384
Calgary Contact	Zel Harvie	403 228 4934
Club Jerseys	Andre Kaufmann	604 581 3923

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.

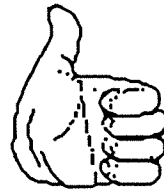
Items for the Newsbrief must be received by the 5th of the month. Membership fees: single \$25; couple \$35.

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

Many thanks to all contributors to the Newsbrief. Keep it coming... we have lots of great stuff on deck for September that space just wouldn't permit this issue, i.e., Ian (Crash) Stewart shares his horrendous experience. Hope you're mending well, Ian. ...also, "saved by the Cornflakes" and more.

### 'Thumbs Up' for André Kaufmann

**Jim Jeffrey**



I would like to have a thank you in the Newsbrief to recognize André for his help and expertise in making the end flaps for the new cooking shelter.

I didn't realize how much work he does in fitting, cutting and sewing, and how perfect it has to be to meet his standards. I also think he's probably worked on every shelter the Club has made. Thanks, André. *Let's hear it everybody... Three Cheers and a Tiger!*

### The CCCTS: A Wobble En Route? **Garfield Clark**

This note is to express my concern to all members about a direction the Club seems to be heading towards. The direction is seen most clearly in the statement in the President's Corner in the June Newsbrief: "The leader, being a volunteer, should have the privilege of selecting people he wants, but up to a reasonable number."

From the perspective of ten years' membership and participation in many club tours, a wobble of this kind is disturbing. In cycling terms, it may be due to gravel on the pavement, smooth tires, wandering attention, a less than firm grip on the handlebars, or some other aberration. Carrying too heavy a load may be one cause, although I don't think that our growth in numbers is a big factor.

What is the problem, and why do I think it important? For a tour leader to have any choice at all in selecting participants creates two or more classes of membership in respect of each tour: those who are favourites for whatever reason, those who are out of favour, and then perhaps the rest of us. Under this new regime, if we want to ensure a place on a particular tour, we might be advised to butter up the leader in advance, or at least not tread on any relevant toes. An example below. But speaking one's mind at any time may be ill-advised unless one is certain who future leaders will be. Specifying that the leaders' choices must be "a reasonable number", or must be fair, begs the question of just what is reasonable or fair. Can of worms, what!

That example... I just had an earful from an Ottawa member about a "ballot" she had received from a tour leader seeking approval for a subsidy of \$3000 for his work in organising the tour. She felt squeezed: on one side was her wish to go on the tour, on the other was her unwillingness to pay volunteers. Explicit in her mind was selection of participants by the tour leader. "What sort of club is this?" she asked me pointedly.

Jaaa... just what is this new policy replacing? Up to now, every club member had a right to apply for any tour, pay the required sum on time, be accepted on a first come first served basis until the tour was fully subscribed, and then queued in line to fill "drop-out" places. Hard to argue that this commonplace system is unreasonable or unfair. Incidental problems did arise because of postal delays, and advance knowledge in some cases, but these problems are not of the sort beyond the wit of personkind to solve, as some points in the President's Corner for June testify.

There are other elements to the Club wobble, to be aired on another occasion, but the subject of our rights as members seemed too important not to raise widely at once, or to mix up with other matters of perhaps lesser immediacy for now.



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## TOUR REPORTS

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### *Victoria Sub and Poke*

*Betty Darvell-Jones*

No, really, I mean, I was subbed and poked on my bike and by the "Supremacy of God" I made it.

Wow, what a trip. "Treated like a queen," by Doc; considered like a senior by public transport, and when I took the wheel on the ferry to Shawnigan Lake, treated by the ole' ferry master like an old salt. Hey, you guys, I know you were reeling from side to side and feeling seasick, but I kept that clock on midway like the man said. I knew you were kidding me, and as for Mary and her 'Poop Deck', I had my share of seagulls too.

Seriously, I had a lov'erly time with yo's all on the Island, not realizing you had all those hills to contend with. Here in Ottawa we have long winding hills; especially "in the Gatineaus" whereas you have peaks. So now I have categorized them all into 'male' and 'female' rises. Compri?

On the first day at the annual picnic, what a joy it was to meet all my old friends and to be introduced to new ones. The meal was terrific, well organized. I was starving. Then afterwards: I was auctioned off. To stay with Rolf and Sally, Dennis Parsons, or Doc Watson. Lucky me, I got "Doc." Dennis called me a bugger which I understood, and I went sailing off on my handlebars on Doc's chassis!

By day three after Shawnigan, East Sooke, revivals of hot baths, wine and

dine, movies, free greasing and overhauls, I was ready to "ride easy" a bit, to enjoy Art Borron's 'Toddy Inlet'. Imagine my surprise when we all caught up and popped into McDonald's for elevenses. I came out with five others supporting our leader and respect his plans and "his day" which obviously takes time, worry and concern to organize for a tour, as everyone knows, when I saw the rest take off like a flock of bloody "maggies". Geez, we never saw them for the rest of the day, they must know the Island like the back of their "hands". We sauntered on enjoying the countryside, the happenings, the inlet, the rocks and paddles, with lunch on a quiet, secluded beach as visitors are wont.

The Galloping Goose-bumps gave me nice sensations of Vancouver Island. Nice people, nice ride, if you go to work by bike... and so convenient from place to place. The flowers are everywhere, 60 kms. of trail and never ending.

By Monday Mayne Island was a great revival. One could never get bored on Mayne watching the romantic ferry lights from Theresia and Larry's deck high above; and with the girls led by Al Hollinger with further hills, visits to Galiano Island, hiking to lookouts, with Alyce, Shirley, Theresia and Sylvia. I felt like a schoolgirl again. Later, after sentimental "chats" on life and

goodbyes, I caught further ferries to Qualicum Beach on. Nanaimo, where I visited Al Westnedge, who misses and wishes to be remembered to ALL. Looked at some real estate and took in "Butterfly World", a real cocoon treat. Then home again to base one on the mainland. A day with Joan Enman, goodbye to my son, and I haven't stopped eating and sleeping since. Thanks for the memory.

*Points of view:* ...arrival at Tsawwassen, Al's place of interest. A hug from "Popeye"; so strong Al I'm going to call you Spinach!

...the bike rack on the bus to Katryn's place "Home From Home."

...after the trail ride to the ferry, watching amusing people at the picnic and Sally P. mothering me by bagging it. Thanks dear Sally.

...picnic at Sooke Park with the "Streamlined Girls" Barbara and Sonja. Drinks, eats, with dear little Sepal in tow.

...restaurants full of good meal deals, especially 'eat all you want' buffets.

...climbs in the parks with "Terra and Ferniak" plants all around.

...visits to Vancouver Gallery to see exhibits by "Toothloose Letrec."

...walks along the bay with aromas of the sea; Harrison Hot Springs, beach bums and ice cream; camping under the covers with the salmon breeders.

See yer, Betty D-J.

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### *Have You Ever Been Towed?*

*John Peck*

I should have included this incident when I wrote about the Toppenish Tour. I was having pedal problems; a ciick in my right pedal. I was not too concerned. I thought I might get away with it before I took my bicycle in for inspection. However that was not to be the case. On the way from Yakima, back to the Toppenish camp, the going looked easy. We were on a wide shoulder of a flat highway, with a breeze behind us. But suddenly my right pedal froze. It refused to swivel around normally, but was locked in position. We were not far from camp, so I started to pedal with the left foot only. It took

a few moments until I mastered the art of the full return stroke, i.e., toe down and heel up in order to lift the pedal up again. After some distance at this, my friends noticed my peculiar mode of propulsion. Jim Jeffrey rode beside my and said "John, if you sit on the saddle backwards, you could rest your left leg and use your right instead!". I thanked him for his merry suggestion, but did not act upon it. Soon Jim found a length of blue twine at the edge of the road. "Let's arrange a tow," he said. So he tied one end to the front of my bike and the other end to the carrier of Dan McGuire's. Dan started out gently, but

despite this the twine became, in turns, taut and slack; however, we gathered speed. For the next seven kilometres I just sat on my bike and watched Dan's rear carefully. It was a unique experience. There were no hills; however when we turned into camp the tow twine threatened to pull my front fender off, but fortunately decided against that. Dan worked hard on the defective pedal, but next day I went to Toppenish and bought a new pair o' pedals, with sealed bearings.

Thanks Dan and Jim, and all those who helped.

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Spring had been most unusual, not nice at all, actually quite yukky: a new winter wardrobe plus heating the house came in handy!

So forty-six cyclists rolled south to Toppenish where the sky is a deep blue and temperatures range between warm and hot, up to 95°F. For some participants it was a vacation with a cycle; others met a daily personal challenge: all had fun.

We cycled, guided by maps daily provided by Dan Baris, through flat farmland, up and down hills, including an awesome descent from Bickleton,

saw grapevine growing and wineries in nearby hills and snow-capped mountains in the distance. We did not see thistle thorns, rather we experienced them, some riders more than others; I viewed a little collection, picked out of one man's shoe soles from walking on the lawn in our tent area. We learned to carry our bikes across lawn and gravel and only place them on paved areas.

I experienced no flats, but much kindness! One man decided I did not know how to cycle, so he showed me how! One toeclip broke and my bike acquired the loan of a new pedal with

toeclip. Pool, jacuzzi and just lazing around felt just right. Included meals were the finest and all 'non-cookers' had it made: breakfast and lunch were provided every day and that with big smiles.

Back at home I now gaze at my temporary brown skin and at a postcard with blue blue sky to remind me this all was really real as the furnace is on again! Thank you all who have given me sun-drenched sweet memories, and thanks to all who put in so many hours at the office.

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*Merritt Hub & Spoke*

*Anonymous?*

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In spite of threatening cold wet weather, the Nicola Valley Hub and Spoke tour went off as scheduled - and with more than one rider (as shown in

the Tour Book). At one point 15 riders arrived and participated.

The second ride to Monck Park was the only wet one with the skies clearing before the riders arrived home. A video

at Barton's was a good diversion from a cold windy evening. Sunshine finally arrived for the last two days, climaxed by Happy Hour at Barton's.

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*Okanagan - West Kootenays*

*Sally Svensson*

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The tour began June 26th at the Shoreline Campground, Mara Lake. Unfortunately the shoreline had shifted, so that several picnic tables were 'over the seats' under water. Dan McGuire handed each of us a most innovative package to prevent anyone being lost. The booklet contained a page for each day with a road map, contour chart (*sometimes quite daunting*), and a route list with distances and direction. Best of all was a plastic card holder to be worn 'round the neck. Each day a new route card was inserted. An elastic cord enabled one to pull it out at arm's length and read it while cycling without glasses! Also listed were coffee shops, pubs and points of interest.

To Revelstoke was a gentle beginning. The true test was to Nakusp the next day. After the steep climb from the Galena Ferry, we lolled about the Halcyon Hot Springs, thinking our work was over. Not so. The hills continued all the way to the campsite. At New Denver, we came in early feeling truly on holidays exploring the colourful town and the Nikkei Internment Centre. More leisure at Kaslo, gathering at the bakery for lunch and then a tour of the S.S. Moyie, retired sternwheeler from 1898. On to Ainsworth, where we eased those hill-climbing muscles in the lovely hot springs. All the women were jealous of Truus Clark, who rented a "disposable"

bathing suit - one size fits all - of what appeared to be white plastic. It rained during the night and while starting off for Nelson. Wise decision by Dan et al to book a motel for two nights. Managed to launder clothes and dry out tenting gear - a huge satisfaction. A memorable celebration dinner at Heritage Inn. En route Nelson to Castlegar, visited the Doukhobor farms and Verigin's Tomb. The campsite was flooded so once again, a motel. Next day, a 3000' climb - Blueberry-Paulson Pass. Achieving the summit was not the difficult part. Keeping warm on the descent to Christina Lake was the challenge. Everyone quickly recovered having dinner on the back lawn of the motel. To Grand Forks for another bakery and tour of museum and Jerseyland Cheese Dairy (chocolate cheddar?). At Greenwood, the town was transformed for the movie "Snow Falling on Cedars."

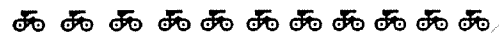
Over Anarchist Mt. to Osoyoos was my favourite day. The Kettle valley was lush and even the 2400' climb didn't seem so bad. Stopped on the descent at various viewpoints with Bruce Ross and Jim & Ute Grayson on their tandem. Next day, hurricane winds woke everyone at 5 am. After much debate, six headed to Penticton on cycle; the rest by bus. On our day off, some cycled to wineries at Naramata, some to the Observatory and some around Skaha

Lake. Next day a coffee break at Peachland and lucky to catch Jim & Shirley Mae Jeffrey for hello's & hugs. The heat was a new sensation, so the 92 km. seemed longer, but a great route along the lake & backroads after Kelowna to Winfield. Celebrated Jan Johnson's birthday. She thanked us with an 'original' poem.

The last day was gorgeous sunshine. After the ride UP to Vernon, cycled on back roads to Armstrong (cheese factory). Ness & I extended the 99 km. to 110 km., as we missed a turn. Our last dinner overlooking the lake was great fun.

Thanks to Inge and Ian for food & beverage shopping - the larder was always full - and for driving. Thanks to Barbara & Bill for those two great pancake & egg breakfasts. Thanks to everyone in the group who pulled together and kept cheerful in rain & shine, and to Dan McGuire for great preparation; but also for lots of flexibility in making changes and staying on top.

Thanks Dan!



## CCCTS BIKE MART

### Miyata 1000 Touring Bike

- 58 cm CroMo frame
  - Avocet gel saddle
  - Fenders
  - Water bottle cages (2)
  - Pedals and straps
  - Suspension seat post
  - Blackburn rear rack
  - ATB type handlebars
- **Asking \$550**

Good condition. Call Dick O'Reilly 604 940-0268.

### Schwinn Voyager Touring Bike

- 52 cm CroMo frame
  - Front and rear racks
  - Fenders and mudguards
  - Front light (battery not incl.)
  - Computer
  - Pedals and straps
- **Asking \$650**

The bike is 5 years old and in good condition.  
Please call Leo Le Couteur 604 541 9198.

### TREK 1100 23" Touring Bike - \$350

- Shimano Deore XT front & rear derailleurs
  - Shimano 600 index shifting
  - Shimano 105 brakes
  - Cateye cyclometer
  - 2 bottle cages
  - clipless pedals
- \*\*\*\*\*

### TREK 7000 18" Mountain Bike - \$600

STX RC front and rear derailleurs and brakes  
2 water cages  
\*\*\*\*\*

### Polar Edge Heart Rate Monitor \$150

Contact: Ann Macintosh, 604 940 8130

## OTHER REPORTS

### A Warm Welcome to New CCCTS members:

**Jacques, Jill** 604 669 7554  
135-4370 Lorimer Rd., Whistler, BC V0N 1B4.

**Kuhlmann, Gail** 604 254 0767  
1748 Parker St., Vancouver, BC V5L 2K8.

**Vilen, Erik** 45 44443848,  
Skovbrynet 65, Bagsvard, Denmark 2880

### Office Affairs

**Glen Smith**

Bob Miller has joined the league of office volunteers. He is filling in for some of those volunteers that are away this summer. He should be a great addition.

## June Birthday Bash

**Jerry Brereton**

Dragnet's Joe Friday used to say "Just the facts, ma'am" so, here they are:

- #1 Birthday Night in Ladner was Tuesday, June 8.
- #2 Celebrants were **Margaret Fyfe** and **Theresia Keet** (who both turned 39 in June).
- #3 Twenty-eight people attended the dinner.
- #4 Fifteen riders participated in the usual ride (including former member, Rowan Ley).
- #5 As the **May Birthday Bash** went unreported, a belated tip of the party hat to **Ron Pickerill** who was the lone birthday honouree in May.

## July Ladner Bunch Birthday - THE BIG ONE

Al treated 'his family' to dinner attired in formal black ensemble complete with sheik headdress. Al did the honours, with complimentary wine (non-alcoholic) and no fixed menu - his guests didn't know it was 'on him' 'til they went to pay.

Marten proposed the toast, Al's fruit salad entrée was served with a flaming candle while everyone sang Happy Birthday and birthday cake followed. As a personal tribute, the staff at Ricky's volunteered to serve the special Black Forest cake which Shirley had brought.

Eva saved the best for last; after everyone was sated with dinner and Black Forest birthday cake (arranged by Shirley) Eva praised Al for his leadership in the Club and presented him with his favourite - a Bundt-sized golden cheesebread decorated with a big red bow and poem in praise of the wonders of this treat.

Thanks again for your generosity, Al, and many, many happy returns of The Day.

## streetwise

### Motorists Are From Mars;

### Cyclists Are From Venus

*How well do you understand your road partners?*

By Taysa Palmer and Sheri MacIntyre

Source: **Westworld** Summer 1999•Volume 25•Number 2

UNDERSTANDING ROAD PARTNERS IS like trying to understand the opposite sex. They give you mixed signals, crowd your space and expect you to read their minds - but you have to live with them, anyway!

It's actually pretty scary when you think about it - the difference between life and death can lie in how well cyclists and motorists communicate with each other. In 1997, 877 British Columbians were involved in car/bike collisions. Of these, 96 per cent were cyclists. Thirty-nine car drivers suffered injuries, and five cyclists lost their lives.

Motorists and cyclists can learn to share the road and avoid painful fallouts. As in any relationship, you're halfway there when you decide to invest the time and energy it takes to learn where the other party is coming from. How far along that road are you? **Take this quiz to find out.**

♦1 Today's cyclists must compete for road space and respect from drivers, so they ride far out from the curb to assert their rights to the road. T F

♦2 When turning left at an intersection, cyclists are required to dismount and use the crosswalk, rather than use the left-hand turning lane. T F

♦3 It is permissible for a motorist to pass a cyclist in the same lane. T F

- ◆4 When two cyclists are riding together, and their speed is equivalent to the traffic flow, they should ride side-by-side to increase their visibility to motorists. T F
- ◆5 Shoulder-checking is equally important for drivers and cyclists. T F
- ◆6 Motorists who creep across a stop line pose one of the greatest sources of stress for cyclists. T F
- ◆7 The majority of collisions occur from sunset to sunrise, when bicycles are hardest to see. T F
- ◆8 Most collisions result from cyclists disobeying traffic rules or riding unpredictably. T F
- ◆9 Motorists tend to underestimate the speed at which cyclists travel. T F
- ◆10 Cyclists may proceed straight through intersections, even when they're in right-turn-only lanes. T F
- ◆11 At minimum, cyclists riding between sunset and sunrise must have a white light, visible for 150 metres, mounted on the front of their bicycles. T F
- ◆12 If there are spaces in a lane of parked cars, cyclists should pull in to allow faster vehicles to pass. T F
- ◆13 Most victims of car/bicycle collisions are children. T F
- ◆14 In B.C., most collisions involving bicycles happen during the Fall. T F
- ◆15 Cutting in is the most common reason for cyclist-caused collisions. T F

## How Well Did You Do?

Give yourself one point for each correct answer, then check following answers for your score.

- 1 **False.** While the Motor Vehicles Act requires cyclists to ride as close as is practical to the right side of the road (when there are no vehicles parked), they often ride about a metre from the curb. This allows them to avoid potential hazards like storm drains, potholes and open (or opening) car doors. They are also more visible to drivers.
- 2 **False.** Under the Motor Vehicles Act, cyclists have the same rights and duties as drivers. They should signal and move into the left position in the turning lane, then turn when there's a clear break in oncoming traffic. The vast majority of car/bicycle collisions happen at intersections, however, so dismounting and crossing the intersection like a pedestrian may not be such a bad idea. It may be faster, too. Children and inexperienced cyclists should walk their bikes across the crosswalk.
- 3 **True.** Motorists may pass cyclists in the same lane, if this can be accomplished safely. If not, motorists must signal and then pull completely into the left lane, returning to the right lane only when safely past the cyclist. Swerving partially into the left lane can endanger cyclists and other motorists.
- 4 **False.** For safety reasons, in B.C., cyclists must always ride single file. In some U.S. states and in parts of Europe, cycling abreast is permissible.
- 5 **True.** One of the most important habits cyclists can develop is shoulder-checking. They should look directly behind (not just to the side), both to left and to right, to be sure no traffic is approaching and that they have the right of way. They should shoulder-check before signaling, then again before making a move. These rearward glances pay off twice, because they also alert drivers to the cyclists's intention.
- 6 **True.** A common complaint from cyclists is that motorists "creep" past the stop line, leaving the oncoming cyclist to guess whether it's safe to cross the intersection. Cyclists are happier (and safer) when motorists are predictable. To allow cyclists to anticipate drivers' actions, motorists should always come to a full stop and signal their intentions. Of course, respect is a two-way street. Cyclists should behave predictably, as well.
- 7 **False.** In 1997, more than three-quarters of collisions occurred during daylight hours, with the majority occurring between 3 and 6 p.m., when most cyclists are on the road. However, for any given cyclist, the risk of being involved in a collision is highest between 1 and 5 a.m. Drivers should be extra alert for cyclists when night-driving, and cyclists should

wear bright, reflective clothing and deck their bikes out with lights and reflectors.

- 8 **True.** Motorist-caused, vehicle-overtaking-bike collisions account for only a small percentage of cycling accidents. For child cyclists, running stop signs is the No. 1 cause of collisions. The most common errors made by adult cyclists that lead to collisions with vehicles are: failure to yield right of way, riding on the wrong side of the road and turning or swerving from the curb.
- 9 **True.** It's fairly common for cyclists to peddle (sic) at speeds of up to 30 km/h. Motorists should keep this in mind when turning in front of cyclists and also when passing them. They should leave adequate space, as cyclists may catch up more quickly than expected. Cyclists should avoid the temptation to disobey traffic signals or out-race the traffic flow. One cause of collisions in urban areas is bicycles hitting slower-moving cars!
- 10 **False.** Cyclists are required to move left out of right-turn-only lanes if they want to travel straight through an intersection. Before moving left, cyclists should signal and shoulder-check. Motorists, on the other hand, should take extra care when turning right at an intersection to avoid turning right into a cyclist, or cutting one off, and should be sure to complete shoulder and mirror checks.
- 11 **False.** In addition to a headlight, cyclists travelling between half an hour before sunset and half an hour after sunrise must also have a rear-mounted red light and a reflector.
- 12 **False.** While it's true that a slower-moving cyclist can be a thorn to a hurried driver, cyclists should avoid weaving in and out, because the potential for collisions is reduced if drivers can anticipate cyclists' movements. Partners profit from practising patience and predictability!
- 13 **False.** Three-quarters of car-versus-bicycle collision victims are male aged 26-35. Children suffer the most falls, however (about one fall for every 2,400 kilometers cycled, versus one for every 9,200 km peddled [sic] by adults).
- 14 **False.** The majority of collisions happen during July, August and September, when the number of cyclists on the road increases.
- 15 **False.** Less than two per cent of cyclist-caused collisions are due to cutting in. Driving without due care, failing to yield the right of way and driving on the wrong side of the road are the biggest culprits.

## How Well Did You Understand Your Road Partners?

**11-15 points:** Congratulations - you're a sensitive road traveller for the '90s! You probably use a vehicle and enjoy bicycle travel, as well, so you can see both viewpoints. If you're interested in learning more, look for John Forester's book entitled *Effective Cycling*, published by MIT Press, 1993.

*Thanks to Jim Jeffrey for suggesting this valuable item.*

## 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.
- wear an approved helmet when cycling.

**Please note when applying for tours:**

For information on specific tours, contact tour coordinator.

To register for tours, call/write/fax to the office

**All payments, whether for tours or membership, should be sent to the office with a note specifying**

- > To be deposited for membership
- or Name of tour. <

## 1999 TOURS (listed in date order)

### Tour de la Belle Province de Québec

**Aug 7-26;** Marthe Lambert, Tour Leader 1 418 871 0338, fx 3380; Lise Fournier Brooks, Coordinator 1 819 827 2943, email: cabrooks@cyberus.ca

Renaud Prefontaine, Treasurer 1 613 230 5933, email: prefont@netcom.ca

Sally Petersen, Wagon master 1 250 384 6804, fx. 6804

Maximum: 27 participants. Total cost \$700. (Bicycle transport on support vehicle from Burnaby office to Ottawa add \$25 one way, \$50 return.) Per diem for the wagonmaster is budgeted from tour funds.

(See June Newsbrief for daily itinerary.)

Participants (27): Marthe Lambert, Lise Brooks, Renaud Fontaine, Rolf Petersen, Sonya & Roberto Bardati, Mary Eickhoff, Brenda & Art Borron, Timothy Pickering, Mary Edwards, André Milaire, Victoria Bernhardt, Geraldine & James Reid, Bruce Ross, Leila Montgomery, Jack Sheppard, Eleanor Bannister, Marilyn Murphy, Anna Marcus, Carl Rorison, Josie Zewiec, Wendy Pearson, Valerie Welburn, Jim & Mary Boate.

Waitlist (1): George Edmonds.

The support vehicle for the Québec & Ontario tours will be leaving Friday, July 30, 12 noon. Those who have paid to have their bicycles transported to Ottawa can drop them off at the Burnaby office between 9 am and 12 noon on that date (and help load the truck). Please note that the CCCTS tourleaders and drivers will not be held responsible for any loss or damage to the bicycles. \*A waiver to be signed at time of drop-off to this effect. Please put your name on the bike.

### Ottawa Hub & Spoke Tour

**1999 Aug 24-27;** Garfield Clack 613 729 9384

e-mail <ay915@freenet.carleton.ca>

No deposit fee is required;

Participants pay their own accommodation and food costs;

We would be happy to assist with booking accommodations if asked.

Participants (10): Wendy Pearson, Vikki Bernhardt, Pat & Ted Stubbs, Bob Miller, Rolf & Sally Petersen, Eleanor Bannister, Shirley Roddick, Tom Popowich.

### Around Lake Ontario Tour (ALOT)

**1999 Aug 29-Sep 17;**

Bill Augustejn, Tour leader      augustejn@globalserve.net

Wagon master: Sally Petersen.

Camping with support vehicle and driver, cooking teams, maximum participants 25. Total cost \$700 due Jul 1. (Bicycle transport on support vehicle; Burnaby office to or from Ottawa add \$25 one way, \$50 return.) Per diem for the wagonmaster is budgeted from tour funds.

Support vehicle information for ALOT tour above.

The tour is being planned from Ottawa, but participants should register and pay in the usual manner through CCCTS Burnaby office.

The tour will have 15 cycling days along with 2 rest days in Niagara Falls and a day in each of Toronto and Kingston. Using most of last year's route, this year's trip will expose the participants to the essence of southern Ontario and upper New York state. From the beauty of the nation's capital we travel through the quaint town of Merrickville and on to Brockville and the university town of Kingston; then over to New York state by 2 ferries across the mighty St. Lawrence and on through the quaint communities of Sackets Harbour, Oswego, Pultneyville (the end of the 'underground railroad'), Hamlin Beach, and back to Canada at Niagara Falls ('honeymoon capital of the world' and the Shaw festival nearby). By bicycle and bus we travel to Toronto for a day

of sightseeing (the world's tallest free-standing building, the Skydome, museums, etc.). Then on to typical small-town Ontario, passing through such towns as Bowmanville, Brighton and Picton, before returning to Kingston. After a day of sightseeing we meander along the famous 'Perth Road' to Perth, and then, all too soon, it's over and we are back in Ottawa.

Participants (20): Bill Augustejn, Jean Horrocks, Dan McGuire & June Gallagher, Barton Howes & Faye Wilson, Irene Hlousek, Art & Brenda Borron, Rolf Petersen, Bob Miller, Pat & Ted Stubbs, William Russell, Sally Svensson, Dick Rawson, Eleanor Giffin, Sonja Joos & Barbara Hetzer, Sylvia Mather.

### Fraser Valley Hub & Spoke

**Sep 8-14;** Wayne Waardenburg 604 826 3044.

Cost: \$100 due Aug 1; at least one restaurant meal included; no charge for those just riding with us on a daily basis. Only those camping/RV'ing with us and participating in the meals need to sign up. Those bringing RV's please let us know what type and length.

As I write this (June 29) the flood threat seems to be over. Preparations are well underway for our tour. Christina and I have mapped most of the routes already. Those that have paid up will be contacted in mid-August.

To get to the assembly point, Vancouver area participants should drive the freeway east to 264th St. exit, turn north across the freeway, make a right turn at 56 Ave., follow 56 Ave., cross Bradner Rd., turn right at Ross Rd., cross the RR track and turn left at Harris Rd. Follow Harris Rd. to Matsqui Village. Turn left at the 4-way stop. Go through Matsqui Village. Just past the village is the park on your right. Please take your lunches along. We hope to see many of you come and join us.

Daily assembly point:	Matsqui Village Park, Riverside Rd, Abbotsford
Time:	9 am
Proposed destinations:	Fort Langley, Cascade Falls Reg. Pk., Kilby Store & Prov. Pk., Yarrow, Bridal Veils Pk (from Chilliwack), Lynden WA, Deming WA. A couple of routes are in the USA. Let me know if this is a problem for any of you.
Length of daytrips:	60-90 km; most routes are fairly flat.
Accommodation:	Out of town participants are invited to stay at our place; we have ample room for tents and a few RV's. If enough people sign up we will have our meals together, utilizing our double garage instead of the shelter.
Facilities:	3 bathrooms, 2 showers, rec. rm, washer & dryer.
Maximum:	25 campers
Nearest motel:	5 km.

Participants (25): Wayne Waardenburg, Donna Nicholas, Jan Johnson, Anne-Marie Labourdette, Margaret Fyfe, Roy Barrows, Horst Hees, Dennis Parsons, Carl Rorison, Corry Koster, Audrey & Bill Hannan, Shirley Fisher, Dorothy Kennedy, Helen & Roy Goodchild, David Brown, Tamas & Wendy Sandor, Mark & Ruby Meunier, Bryan Riggs, Peter Cordoni, Chris Siggers, Emmy Matte.

### Germany Tour

**Sep 9;** Max Bissegger 604 536 3202, and

Fritz Niebisch 604 588 2408

The tour is closed and accommodations are booked for all participants. The mix has changed some, to 5 hotel stays and 8 hostel stays. You don't need any sheets for the hostels as all linen is supplied; take towel and face cloth. All breakfasts are supplied. All places have promised locked bike storage. I will contact all participants in August will all final instructions and information. Please be sure to have adequate out-of-country medical insurance. For further info call Max Bissegger.

(Meeting arrangements cont'd over...)

...(German Tour cont'd)

The meeting place will be, September 10, 1999:  
Jugendherberge-Bingen-Bingerbrueck  
Herter Street 51  
Bingen  
Telephone 6721 3216

Participants (10): Max & Frances Bissegger, Fritz Niebisch, Ann Foster, Sim Wee, John Cuthbertson, Dan & Jerry Baris, Fern Sule, Betty Darvell-Jones.

Waitlist (2): Barbara Forsyth, Bill Armstrong.

### Provence, France

Sep 16-Oct 06; André Milaire 604 874 4801.

All reservations have been made for a full complement of participants.

Participants (14): André Milaire, Leila Montgomery, Jack Sheppard, John Hickman, Margaret Hunter, Ron & Janice Pickerill, Jerry & Val Brereton, Raynel Memess, Glen & Jean Smith, Don & Maureen Holloway.

Waitlist (2): Bosco Chang, Margot Magee.

## 2000 TOURS

### Sea to Sea 2000

May-Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24 from Victoria (Mile 0) (May 25 from Tsawwassen) with around 85 cycling days and about 15 days off at interesting places. The tour ends in Halifax on Aug 31, 2000. We will be going south through the USA around Lake Superior. \$30 non-refundable deposit to be submitted with application; \$300 essentially non-refundable by Nov 1, 1999.

*It is good to see so many of your names on the list of members interested in participating on the Y2K Sea to Sea ride. Still up to a CHALLENGE, eh?*

*There are over 40 persons on this list right now and some others have expressed an interest in doing part of the ride. The list will remain open until early in 2000, and only those who have paid their full deposit (\$300 by Nov 99) will be considered serious contenders.*

*We will, of course, be taking the most beautiful route through this most beautiful of all countries. Here's the proposed route (subject to finding proper accommodations at the right distances): (H=Hwy.)*

Victoria-Tsawwassen-H10&7 to Hope-Coquihalla/Coldwater to Merritt-H5A to Kamloops-H5&16 to Jasper-Icefields Pkwy/H1A to Banff-H1A to Calgary-H1 to Medicine Hat-H1&21 south, H13&2 to Winnipeg-H1 to Kenora-H71&53 south to Duluth (south around Lake Superior, past International Falls), H28 to Sault Ste. Marie and back (for good) into Canada. We'll then proceed east on H17 to Espanola, south H6 over Manitoulin Island with a wiggle to Owen Sound, H26/92/27/22/12/45/503/121/28/41/132/17 to Ottawa, or from where the local gang will guide us into town. From there east on H17 and the Lakeshore road into Montreal (with local guidance if possible). From Montreal we will follow the St. Lawrence on the north side through Trois-Rivieres, Quebec City, Baie St. Paul, Riviere-du-Loup to Escoumins, staying as close to the great river as possible. We then ferry across and follow the river on the south shore until Mont-Joli and take 132 into New Brunswick through the Gaspésie. From Campbellton it's H134/133/950/955 for us, along the Gulf of St. Lawrence and the Northumberland Strait to the new Confederation Bridge and on to Prince Edward Island, where we shall make the rounds to Summerside, Cavendish Beach, Charlottetown, Wood Islands, from where we will ferry directly to Nova Scotia, New Glasgow, Antigonish, Mulgrave, and on to and around the Cabot Trail on the Cape Breton peninsula, a visit to Sydney and back to Mulgrave via H4/104? Then H7/107 to Halifax to end this long journey.

How many flats, how many tires and sore muscles later? Who knows, who cares? We have 100 days and we'll make them glorious days.  
(cont'd - participants)

Participants (28): Horst Hees, Barton Howes, Sally Svensson, Dennis Flewelling, Marthe Lambert, Renaud Préfontaine, Jack Roy, Marilyn Murphy, Timothy Pickering, Eric & Kathy Hofmann, James Erickson, Suzanne Gagnon, Shirley Fisher, Lorraine Singh, Noreen Finken, Valerie Welburn, Sonja Joos, Peter den Boer, Bosco Chang, Judy Jackson, Lise Brooks, Ness McCulley, Dan Eaton, Ed Ungrin, Geraldine & James Reid, Wendy Pearson.

Waitlist (18): Jantien Golsteyn, Ronald Eade, Donna Nicholas, Raynel Memess, Alec Vennos, Ernie Schmidt, Bryan Riggs, Jim Boate, Bud Skinner, Arnold Smith, Gordon & Sonie Kennedy, Rachele Kennedy, Stan Sanders, Fern Sule, Jack Sharkey, Barbara Faulkner, Bill Hook. (Apologies to Jim Boate, whose name was not entered in the Tour Book in March when he sent his deposit, due to an oversight.)

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## VANCOUVER & Vicinity WEEKLY RIDES

### Sundays:

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

### Tuesdays/Thursdays:

- **Ladner**- Meet Ladner Community Centre, 10 am. The second Tuesday of each month is dinner night. Contact Al Hollinger 946 1347.

### Wednesdays:

- **West Vancouver**- Meet 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.
- **Pitt Meadows**- Meet 10 am at Lougheed Hwy & Dewdney Trunk Rd (turn right at 1st traffic light after crossing Pitt River eastbound). Contact Margaret Fyfe 433 4115 or Roy Barrows 939 8989.

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## VANCOUVER ISLAND WEEKLY RIDES

### Sundays:

- **Victoria**- Meet 9 am at Big Apples Bagels at the Saanich Plaza. Contact Horst Hees 250 389 1152, or Rolf Petersen 250 384 6804.
- **Duncan**- Please note, the June Newsbrief editor did not notice the Duncan rides had been discontinued; sorry if this caused any inconvenience. Mary E.

### Wednesdays:

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

### Thursdays:

- **Nanosee/Parksville**- Meet 10 am at Nanosee Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 250 468 5696.

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## CALGARY WEEKLY RIDES

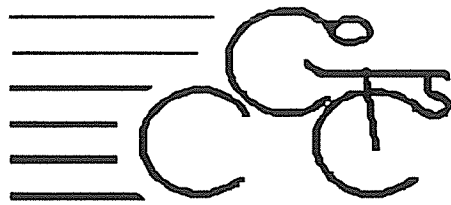
with the "Elbow Valley Easy Riders".

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.

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## OTTAWA WEEKLY RIDES

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



# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 16 No. 08

September Editor - Mary Eickhoff

September 1999

HEADLINE NEWS: \*QUÉBEC TOUR A WHOPPING SUCCESS - COULD THIS BE THE START OF SOMETHING GREAT?  
\*ALOT OFF TO A GOOD START! \*OTTAWANS EXCEL IN HOSPITALITY AND SUPPORT OF 1999 QUÉBEC & ALOT TOURS

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
http://www.vcn.bc.ca/cccts/

Phone/Fax: 604 433 7710  
E-mail: cccts@vcn.bc.ca

## PRESIDENT'S CORNER

Dennis Parsons

Two more tours for '99 were proposed and approved at the September meeting. They both came out of the blue; Lee Kraft had approached Pat Demuth, who then invited us to Gabriola. Jantien had asked John when there might be another Arizona tour, to which he answered, "When you lead it." She graciously accepted the challenge.

There is though, not enough time to offer a grace period. Not a problem with the Gabriola tour as there is no limit set (praying that it does not exceed 230), but Jantien's tour raises the spectre of insider preference. To quell this suspicion, we tried a time lapse to allow all an equal opportunity but when a tour was oversubscribed, lo and behold a new set of suspicions emerged.

What to do? From 1982 until this year any member who wanted to travel on any of our tours managed to do so. No one has been deliberately excluded and no one will be, on future tours. As for preferential treatment; it seems fair that a leader should include his partner and those who help to make the tour a success. In this issue Dan Baris suggests four rules for leaders. Perhaps you would like to debate them?

Note. On the ALOT tour there are six leaders and eight who have served on the executive (ten in all). The most valuable members of our society are the leaders. We invite you to sit down with us to discuss your plans for a tour. We are anxious to approve.

### Vice-President's Niche...

Ted Stubbs

*Hi Gang!* (postcard from Ile Bonaventure, Percé, Gaspésie)

July 11, 1999. What a wonderful country in which we live!! We have almost 'finished' Cape Breton, then on to 'Newfie.' Cycled the Cabot Trail - 2 stiff climbs - Fort Louieburg, etc. All the tourist things. This is a different life - But Very Nice! Camping around Lake Ontario will shake us. Of all the provinces, Nova Scotia has the most appeal. Roads are Horrible! Cheers!

Inside: Congratulations, Shirley Fisher, p. 2  
Tour Reports, p. 5  
Reports; Silver & Gold, p. 5  
Socials, pp. 4-5  
Peddling the benefits of cycling, p. 6  
Tours, pp. 7-8

## COMING EVENTS

1999

### SEPTEMBER

Sep 8-14 Fraser Valley Hub & Spoke

Sep 10-25 Germany tour

\*New Sep 20 to 24 Gabriola tour - details under 1999 Tours

Sep 16-Oct 06 Provence, France tour

### OCTOBER

Oct 7 Directors' meeting

### NOVEMBER

Nov 4 Directors' meeting

\*New Nov 10-25 Arizona tour

### DECEMBER

Wed Dec 1 Banquet & Dance

Thu Dec 2 Annual General Meeting

## COMMUNICATIONS

*Board of Directors and Membership, CCCTS*

*Attn: Mr. Carl Rorison.*

*July 21, 1999.*

Thank you for the sympathy extended to me from the CCCTS.

Ken studied the "Newsbrief" every month thinking there must be a tour we could join. He had nothing but warm, happy memories of the many tours in which he participated. He loved getting together with other members to rehash his favourite ones.

I miss him greatly.

Sincerely, Joan Rumsey.

*CCCTS Dear Sirs:*

*Lon D. Lewis, Topeka, KS*

Please send me information on your bicycle trips. I am particularly interested in longer trips but do all types.

I read about your trips and organization in the book "Unbelievably Good Deals and Great Adventures that You Absolutely Can't Get Unless You're Over 50." by Joan Rattner Herlman.

(Thanks to Ken Grieve for passing this on from the mail.)

*First Timer*

*Emmy Matte*

Although I have belonged to the club for a number of years, this is my first participation (*Fraser Valley Hub & Spoke*). I really enjoy reading the monthly newsletters and am looking forward to meeting some of the people.

(Thanks for your friendly note, Emmy. Hope you enjoy Wayne's *Fraser Valley rides*. Ed.)

### Fisher set to trade in her oars for pedals

Source: Burnaby now, Wed Aug 18/99, front page  
By Dan Hilborn, Burnaby Now Reporter

A little bit of Burnaby's charm will disappear forever next month when Shirley Fisher ties up her last canoe at the Deer Lake beach.

Fisher, the owner/operator of the Deer Lake boat rental operation for the past 27 years, is trading in her pedal boats and kayaks for a chance to cycle across Canada.

To celebrate the occasion, there will be a going away party in her honour this Saturday (Aug 21).

"My friends and staff wanted to make it a surprise party, but they weren't too successful," laughed Fisher, who started renting boats on the most beautiful lake in the Lower Mainland back in the disco music heyday of the '70s.

Fisher has offered summer jobs to more than 100 young people in her time at Deer Lake, and she's loved almost every minute of it.

She intends to make the most of all her spare time next summer by joining in the Cross Canada Cycling Tour.

"I figure if don't join them next year, I might be too old to go on the trip after that," she said of the non-profit group that bikes across the country once every three years...

... Of course, Fisher will still be around until the end of this summer to rent out the boats - her last day will be Sept. 6. Then the city's park and recreation commission is expected to choose another boat rental operator for Fisher's favourite little lake sometime before next spring.



*Shirley initiated the fore-runner to the Hub & Spoke tours, 'Shirley's Stay-at-Home Tour.' The original idea was, tour to a different destination every day for a week, but "sleep in your own sweet bed." Congratulations on your retirement, Shirley!*

### Our Bright Canada Jerseys

*Eva Folk*

Recently on the ferry, coming back from a little cycle trip to Victoria, a tourist lady came up to me and said, "We were watching you. You were cycling beside our bus. I recognized you by your bright Canada jersey." This pleased me very much and I remembered that earlier on, on the way to the ferry I had passed a cyclist on the opposite side of the road. He had been wearing a CCCTS jersey and, while I did not recognise him, I certainly recognised his jersey and we both waved like old friends. That same trip as I was waiting around for my ferry idly watching the Gulf Islands ferry unload, off came four Victoria club members. They were very surprised to see me and I am sure it was my bright jersey that they noticed and made them stop.

Three nice experiences in one day due to my CCCTS jersey. Why in the world would we change our design?

### A Big Thank You *Jan Johnson, Edmonds, WA*

... to Dan McGuire and all the participants of the Okanagan-West Kootenays Tour. Who would have guessed that I would have thoroughly enjoyed a cycle tour with so many days of rain and endless hills!!! It must be the warm Canadian welcome that made me feel part of the group even though I was a new member and the only U.S. participant. Remembering my birthday with a cake, card and song, topped it all!

Thanks to you all for a super trip.

### 1998/99 Directors:

President	Dennis Parsons	250 881 1170
Vice-President/Tours	Ted Stubbs	604 321 2784
Treasurer	Bob Douglas	604 435 3893
Secretary	Catherine Lynch	604 543 0956
Equipment	Jim Jeffrey & Dan McGuire	604 943 0924 604 942 3235
Membership	John Peck & Carl Rorison	604 538 0195
Newsbrief	Mary Eickhoff & Rolf Petersen	604 535 2513 250 384 6804
Office Manager	Glen Smith	604 521 1007
Social Convenor	Carl Rorison	604 530 6289
The Island	Horst Hees	250 389 1152
Seniors' Games Rep.	Barbara Hetzer	250 995 8430
Tours Assistant	Bob Miller Barton Howes	604 263 3905 250 378 0927

### Club Contacts:

Ottawa Contact	Garfield Clack	613 729 9384
Calgary Contact	Zel Harvie	403 228 4934
Club Jerseys	Andre Kaufmann	604 581 3923

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 of the month. Membership fees: single \$25; couple \$35.

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

Many thanks to all contributors to the Newsbrief.



## Accident History

*Ian (Crash) Stewart*

With many thanks to my beautiful wife Nancy, my cycling companions, my family and friends for responding, and the medical team that helped me.

- A. Where: Lands End Road, North Saanich
- B. When: Wed. June 9, 1999, approximately 11:30 a.m.
- C. Why: Steep downhill. 50+ k.m.h., sand/gravel edge of road; new tires put on the day before; new tires over-inflated; a new type tread on front tire.
- D. What (occurred): - left road and entered a 3' ditch
  - front wheel hit cross-road and turned right
  - I continued and landed on my head and left shoulder
  - cart-wheeled 2-3 times causing Road-Rash on arm and leg.
- E. Damage: smashed left side of helmet; mild concussion; blow to top of shoulder caused...
  - Scapula broken in two places; Clavicle broken
  - 4 ribs cracked; left lung punctured
  - frame and front wheel bent on bike.
- F. Action: Fellow cyclists, Jan and Bosco went for help; car driver stopped with cell phone; 911 was called; Fire/Police/Ambulance arrived; Ambulance to General Hospital; Dr. Stanger (surgeon) decided not to pin shoulder; Nancy was called and told I was hit by a car!!!
- G. Memories:

None for 3 days; unable to remember accident at all; Morphine causes hallucinations; Nancy called all families, Son Jack flew from Edmonton; many friends/relatives visited

Jack took me home after 7 days and baby-sat off Laritene and onto Tylenol 3's; unable to sleep lying down... finally slept over 4 hours on July 5th.
- H. Prognosis as at July 5/99: unsure; unable to start on physio 'til July 20th; unable to lift left arm; left shoulder is 2-3" lower than right; lung is healing but can't take big breaths; on tranquilizer to help with breathing at night; down to one Tylenol every three hours, plus Ibuprofen for lingering muscle soreness; in good spirits but Very Impatient!!!!
- I. Update, week of Aug 1: "Mary, good to get your note... I started physio last Friday and the improvement is great. There will be 3 to 6 months of it and the final disability will not be measured till then. I have hopes that I will be golfing by January and will look for a new bike in two weeks...I look forward to another trip together.  
Happy pedalling!!!"

## Yes, you were talking about me.

*Eila Taylor*

Reading George Setterfield's item in the October '98 Newsbrief, I identified immediately with the "incline-challenged" and otherwise "troublesome" tour applicants who were being discussed at Chuck's tour leader workshop last Fall.

Now comes Garfield's "Wobble" along the same broad lines, and I am moved to finally get a few things off my chest.

What sort of a club are we, indeed? When I joined, ten years ago, I was encouraged, as someone less than fit, to participate in club tours and owe a huge debt of gratitude to leaders such as John and Dorothy (*Philip*), Diana & Al (*Lifton*), Dennis (*Parsons*), Max (*Bissegger*), and Barton (*Howes*), who made me believe I could do it and went out of their way to make it

happen. And I'm not forgetting Al Hollinger, darling Al, who once told me, "the important thing is to go ahead and do your best."

Now we are losing sight of the original aims of our club, which is to promote cycling at all levels of capability - we are, after all, a seniors group.

We are all going to cycle until we drop. Let's have fun while we're doing it and not discourage the slowpokes, because this club is a lifeline which we all need as age overtakes us.

-----  
*"Whatever you can do, or dream you can, begin it.  
Boldness has genius, power and magic in it."*

*Goethe*

## For the Newsbrief & Board of Directors *Dan Baris*

I agree with Garfield Clack's letter (*Jul/Aug issue, Ed.*). We need an equitable system for handling oversubscribed rides. One method is to have a random drawing on an established date. All applications should include a small registration fee which would be ceded if they are selected and withdraw. This would ease the problem of names being submitted and deciding later.

However, priority should be given to former ride leaders and others who make substantial contributions to the Club. The criteria would be determined by the Board. At the present time there are no benefits for those who work or lead.

Jerry and I have had some wonderful rides with the Club. In appreciation, and as a sense of duty and the desire to have a strong club, I have led three rides and intend to lead others. I enjoy a ride much more as a participant. Leading a ride takes a lot of extra time. While all out of pocket costs are reimbursed, there are always additional outlays. In addition, I am committed months in advance that cannot be cancelled easily.

I suggest the following rules and benefits for ride leaders and other contributors:

1. Be placed at the head of the list for any ride that an application is made.
2. Be placed at the head of a wait list if the application is late.
3. When leading a ride, can select one or two helpers or friends. These could be a spouse, a proven assistant, or someone the leader rides with on a regular basis.
4. The ride leader should have the right to refuse to take any individual. This should be a rare occurrence. It could be done diplomatically when there is a random drawing. The reasons could be: a very weak rider on a difficult tour; or, a personality conflict. At present a leader can remove a person during a tour but it is done only in extreme cases.

Anyone should be able to get priority status by contributing to the Club. Some are not capable, but many could if they tried. The health of a Club depends on all participants. At the same time, I would not feel as motivated to lead another tour if I was refused on an application in which only non-contributors were accepted.

Please consider the above suggestions.

*Thanks to T. Joyce who submitted a follow-up item on the prostrate topic from the July Harvard Men's Health Watch. Rolf will be back as editor next month and may have gathered other related material to address this concern. Ed.*

*Kootenay-Okanagan Tour*

*Cathy Lynch*

We met at the Sicamous campsite on Mara Lake after an uneventful drive carrying our gear and bikes in private cars. The weather was dull but no rain and we found Mara Lake had flooded so that the lower sites were underwater. The ground was a little soppy for setting up tents - the kitchen shelter was up and the cooks present - another tour underway.

The first week the weather was not so good and rooms in motels were readily available on very wet nights. Usually the sun made its appearance at the end of the day; however by that time everything was pretty wet. The camp owners were glad to see us and helpful - one camp owner took my sopping wet cycling shoes into his mobile unit and set them by the heater to dry. He insisted that he would not need to turn

on the furnace just to dry my shoes as it was cool enough to warrant having the furnace on.

The hills were long and high and making it to the top was satisfying, and then the downhill! The wildlife also added to the fun - a smallish black bear at the side of the road listening for traffic before crossing the road, and 20 yards further, his mother - the black bears are supposedly the smaller species but that Mom looked pretty big to me. On the pass after Nancy Greene Park, Sonja Joos and I saw a large grizzly hurry across the road, climb over the barrier, and we rushed across the road to watch him go down the gully and up the other side to disappear in the trees. Later in Castlegar it was confirmed that a grizzly had been seen many times at the summit.

The last day back to Sicamous through interesting small towns was a great ride, mostly on good secondary roads through quiet countryside. We finished off the tour at the Shoreline Restaurant on the patio where we had a wonderful meal together for the last time and said our goodbyes. Once again, the tour was so enjoyable because of the nice people you meet and spend 14 days with in side by side tents and cooking, eating and cleaning up together. Why else would one ride in rain and cold, sleep in damp tents and get up to showers that are not exactly like the warm tiled showers at home.

A big thanks to Dan McGuire and June Gallagher - you did a wonderful job of planning. Also a big hand for Inge Polley - a great shopper!

*Les Belles Premières Deux - Tour de La Belle Province de Québec*

*Mary Eickhoff*



*Photo left, Marthe Lambert and Lise Brooks, our two newest, new leaders*

on the 1999 tour calendar, relaxing and celebrating the final coffee break of their wonderful tour which left LeBreton Flats, Ottawa, Aug 7 and returned Aug 26 after

treating the participants to the sights of Montreal, Québec City, Lennoxville, the parks and countryside south of the St. Lawrence River, returning to our nation's capitol via the north side of the Ottawa River.

The route was carefully mapped for cycling on the quietest and most scenic byways of each region. You'll hear more about the daily scenes and events from other participants as they have time to prepare reports.

Quebec tour participants, Brenda & Art Borron, Marthe Lambert, and Rolf Petersen are now touring ALOT until Sep 16.

Many thanks are due to the Ottawa members who were so hospitable and supportive to the out-of-towners; folks like **Bobbie Redmond**, **Bill Russell**, **Gerry Sutherland**, and the inimitable 'Doc' Watson, who led groups on Ottawa Hub and Spoke rides. ['Doc' tries not to show favouritism between Ottawa and Vancouver Island and certainly he's welcome, wherever he appears.]

**Bobbie Redmond**, in particular, led Québec tour and ALOT participants safely out of the urban maze to country roads, and hosted several of us in our comings and goings, making many impromptu trips to the airport to pick up participants and belongings, and juggling her many other social and cycling activities to accommodate CCCTS members. Bobbie volunteers as a cycling steward of green spaces around Ottawa as well as participating in CCCTS day rides and tours. We hope to see her on the west coast again soon.

I personally owe both **Bobbie** and **Mary Jane Edwards** many, many, thanks for sharing the comforts of their homes and transportation with me. More cherished than the convenience was the generosity of spirit and camaraderie from both these cyclists who I'm privileged to claim as friends.

I just "Juan" to say  
I enjoyed,  
the islands of "San" in the sun.  
Cycling up and down hills, ferry  
hopping, even hiking with Bob, on the  
run.

We learnt all about pigs, and the  
English.  
Mausoleum hauntings, and Rights,  
Hidden Hotels on the Harbours  
including a Nun on the dykes!

After swimming and shopping, and  
feasting  
We came back to good ole' B.C.  
With cheers to our undaunted leader  
To my friends, and my one wonky knee!



**CCCTS CYCLE MART**

**Polar Edge Heart Rate Monitor**  
**\$150**  
Contact: Ann Macintosh, 604 940 8130

**OTHER REPORTS**

*Let's make welcome these new CCCTS members:*

<b>Cookson, Jenny</b> 2428 Rector Ave., Ottawa, ON K2C 1M3.	613-828-5789
<b>Capitano, Carlo</b> 3494 Normandy Dr., Vancouver, BC V5M 2E7.	604-438-4326
<b>Coburn, Frank</b> 4408 W. Lincoln Ave., Yakima, WA, USA 98908.	509-966-2362
<b>Cochran, Bob</b> 37 Marsh Cr., Regina, SK S4S 5R3.	306-585-1853
<b>Edwards, Muriel &amp; Ray</b> 815 Fairway Drive, North Vancouver, BC V7G 1Z5.	604-929-6890
<b>Eickmeier, Jim</b> (see McRoberts)	
<b>Harvey, Mac</b> Box 1382, Lethbridge, AB T1J 4K1.	403-327-9276
<b>Minogue, Shirley</b> 42-10910 Bonaventure, Calgary, AB T2J 4Y9.	
<b>McRoberts, Myrna &amp; Jim Eickmeier</b> 92 Bow Landing, NW, Calgary, AB T3B 5J8.	403-288-1423

**San Juan Islands Tour** **Bob Douglas**

Costs per person per night, CDN. \$

Food and cooking	\$ 9.43
Camping	4.52
Vehicle	3.18
Misc.	.03
Contribution to CCCTS	.49
<b>TOTAL</b>	<b>\$ 17.65</b>

There were 306 person-nights.  
*And a special thanks to all for your company, participation  
and contributing to the success of the trip.*

**Hold the Press!**

**Glen Smith**

Here are some results from the recent BC Senior Games in the eastern Kootenays... Richard Gibbs, a club member, cleaned up on all the competition in the road race and hill climb, he won gold; and a silver in the 10 mile time trial.

*Way to Go o o..., Richard!*

**Al's Birthday Dinner**

**Marten McCready**

The July dinner for the Tuesday-Thursday group in Ladner was a rather special occasion. Al Hollinger, our leader on these Tuesday and Thursday rides, celebrated his 66th birthday. As many of you know, Al has been for the past some years the spark plug giving the enthusiasm for our twice-weekly rides as well as being the inspiration for our monthly social dinner parties at Ricky's and also organizing our now traditional Hallowe'en parties, Christmas parties, and Spring barbecues. He has done all this and is an ever willing bicycle repairer for the group to boot. So it was no wonder then that with many of the regulars away on the San Juan trip, there were still as many as nineteen members who turned up for this celebration. Shirley Fisher, our official hostess, who was dressed in a pretty hostess gown for the occasion, added her special charm to the evening. Eva Folk, our ever-faithful cheer-leader, rose and expressed our sentiments exactly regarding Al's generous service to the group. She then presented Al with something he has always cherished - a huge freshly baked loaf of her cheese bread. He should be so lucky!

Then Al surprised us all again by not only bringing in a few bottles of wine for the supper, but also picking up the tab for the entire dinner for the group. What else can we say? Happy Birthday, Al.

**Annual Picnic & Swapmeet**

**Margaret Fyfe**

The Annual Picnic and Swapmeet at Deas Island Regional Park on August 5 was attended by 78 members. A few participants were away on the Québec tour and other holiday adventures but these unfortunate date conflicts often occur.

Al Hollinger led the Thursday ride from Ladner to collect the members arriving from Vancouver Island. Upon their arrival the food was ready to be served. Dennis welcomed everyone to the picnic and Al held an auction at the conclusion to clear away some of the leftover food.

The picnic was convened by Katryn Jeronimus and Margaret Fyfe. We wish to thank all those who helped with the preparations: Grethe, Eva, Rose, Anne-Marie, Jantien and Dorothy were early arrivals to help get the food on the table. Thanks to Roy, Jerry and Gwyn for helping to get supplies to and from the office. Thanks to Bob and Jerry for supplying the propane tanks and to Carl Jeronimus for guarding the collection container.

## August Birthday Dinner

**Alyce McKay**

On this birthday nite we reflected on long time members and friendships for our 3 Stars of the Day at the head of the table; two being charter members, Bob Douglas and Marten McCready, and strangely enough Dick O'Reilly, who saw this long entourage of cyclers in Ontario on that eventful first trip across Canada in 1983, approached them to find out what they were all about, and became a member shortly after. Margaret and Dick had a cabin on Lake Superior at that time. That was 16 years ago. Eva paid tribute to these members, reiterating on that first trip, and sang "Friendships are like flowers for us."

We were also happy to see Sam Bigelow with us after a long absence from our dinners. Also, Marge Murphy and Garfield Clack, who were leaving in two days for their seven weeks of cycling in Scotland and places beyond.

You must admit we're a hardy bunch of survivors. Here's Brian, who after getting stung by a bee on the ride, hit by a car and thrown over the hood, with a few bruises still attended our gathering.

On this morning ride we also saw a real Dutch ladies' bike; a cyclist from Holland here on a visit who came to join us, a friend of Katryn.

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## **Peddling the benefits of cycling.**

Source: The Globe and Mail A18 HEALTH Tues Aug 3 1999 By: Jo Napier. E-mail: jnapier@sympatico.ca

*"To avoid biker's 'bonk,' eat a banana. And never leave home without at least one full bottle of water."*

Canadians have a passion for pedalling. Language, culture, economics and politics may define a country, but actions define lives - and we embrace the bike.

In Toronto alone, more than 30,000 trips are made into the city centre on any given day. Across the country, we spend \$500-million annually on bicycles and accessories, and 10 million of us cycle streets, trails or tracks at least once every year.

For the price of a bike, an annual tune-up, a helmet, lock and nightlight, you're on the road - at a cost far more reasonable than many fitness regimens.

Cycling is a "lifetime" sport, so gentle on the body that many enjoy it into their 70s and beyond. Cycling does double duty as cardiovascular exercise, and - like many aerobic activities - carries potential health benefits that can dramatically delay or even reverse many of the physiological changes that occur with aging: pumping up heart capacity and lung efficiency, decreasing body fat, slowing or preventing the body's natural decrease in muscle strength and size.

Cyclists, and mountain bikers and racers in particular, are aware of the need for strength - the strength gained from proper fuel and physical preparation.

Biker's "bonk" - that dizzy, tired feeling of no fuel to spare - is what you want to avoid. Food replenishes the energy burned while riding. Every time you eat something, your body takes the food's carbohydrate (natural compounds derived from starches and sugars) and stores it as fuel (glycogen) in your muscles. Generally, we have enough stored glycogen to provide energy for short rides. For longer efforts, you must nourish yourself to avoid depleting your glycogen stores and cutting off that vital fuel supply to your brain and muscles.

To avoid the bonk, carry something to eat if you'll be cycling for 90 minutes or longer. A banana is perfect: Easy to eat, it provides 105 calories of carbohydrate and replaces potassium that is lost when sweating. Pears and apples also provide carbohydrate, vitamin, minerals and water. Long-distance cyclists swear by "gorp" - good ol' raisins and peanuts.

Also, never leave home without at least one full bottle of water. Cycling causes fluid loss, so you must protect yourself against dehydration and its debilitating effects. Drink before you're thirsty, and eat before you're hungry. A good rule of thumb is to take a big swig from your bottle every 15 minutes. And if you've logged some solid cycling time, indulge in a carbo-rich meal within an hour after hopping off the bike: it's a great way to replenish glycogen stores.

Regular cyclists know the value of balance and muscle strength for the upper body, arms and legs. Squats are excellent for strengthening the thighs. A squat is just what it sounds like: a simple exercise that involves lowering the body by bending the knees.

Here's how to do a proper squat:

- ◆ Stand with your feet slightly wider apart than shoulder width, hands on your hips, with chest lifted.
- ◆ Bend your knees to lower your hips, keeping your chest lifted.
- ◆ Straighten up by pushing down on your heels, squeezing your buttocks forward. (You can add light hand weights after some practice, holding them at your side during the squat.)

If you experience pain or stiffness in your neck and upper back while cycling, relieve the strain with some on-bike stretching.

Here's one easy stretch:

- ◆ Put your hands on the handlebar tops and lift both shoulders toward your ears, in a sustained shrug, until you feel tension.
- ◆ Slowly return to your starting position.

Here's another anti-tension move:

- ◆ Turn your head toward one shoulder for a few seconds.
- ◆ Now make a wide "O" with your mouth; you can increase the stretch by also moving your lower jaw toward your shoulder. Repeat the exercise by turning your head to the opposite shoulder. You'll look a little strange, but you'll relieve that stiff neck.

The Mayo Clinic offers an on-line guide to stretching, complete with diagrams illustrating stretches for the muscle groups often injured in sports. Check it out at [www.mayohealth.org/mayo/9704/htm/str-sb.htm](http://www.mayohealth.org/mayo/9704/htm/str-sb.htm)

Stationary cycling may be the best route for mothers-to-be who are looking for low-impact fitness activities. Still recent research indicates there's no harm to mother or child when you elevate your heart rate, and some doctors say a long safe cycle constitutes excellent aerobic activity for pregnant women. Check with your physician and keep hydrated: pregnant women don't dissipate excess body heat as rapidly as non-pregnant women. So ride during the cooler hours, replenish fluids every 15 minutes and pedal more slowly when it's hot. (This may not be relevant to our particular group, but translate 'pregnant' to 'injured,' or otherwise temporarily sidelined from cycling on the road. Ed.)

A final note: Bicyclists with head injuries account for more than 65,000 emergency-room visits each year in the United States, and 96 per cent of U.S. bicyclists killed in 1996 were not wearing helmets. Despite the fact that at least five of Canada's provinces don't legislate the wearing of bike helmets by adults, most cyclists agree that headgear bearing an inspection label from the Snell Memorial Foundation, or another national standard testing institute, reflects and protects your brainpower.

# 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.
- wear an approved helmet when cycling.

## Please note when applying for tours:

For information on specific tours, contact tour coordinator.

To register for tours, call/write/fax to the office

All payments, whether for tours or membership, should be sent to the office with a note specifying

- > To be deposited for membership
- or Name of tour. <

• For policy clarification see President's Corner.

## 1999 TOURS (listed in date order)

### Around Lake Ontario Tour (ALOT)

1999 Aug 29-Sep 17;

Bill Augusteijn, Tour leader      augusteijn@globalserve.net  
Wagon master: Sally Petersen.

The tour is in progress.

Participants (18): Bill Augusteijn, Dan McGuire & June Gallagher, Barton Howes & Faye Wilson, Irene Hlousek, Art & Brenda Borron, Rolf Petersen, Bob Miller, Pat & Ted Stubbs, William Russell, Sally Svensson, Dick Rawson, Sonja Joos & Barbara Hetzer, Sylvia Mather.

### Fraser Valley Hub & Spoke

Sep 8-14; Wayne Waardenburg 604 826 3044.

To get to the assembly point, Vancouver area participants should drive the freeway east to 264th St. exit, turn north across the freeway, make a right turn at 56 Ave., follow 56 Ave., cross Bradner Rd., turn right at Ross Rd., cross the RR track and turn left at Harris Rd. Follow Harris Rd. to Matsqui Village. Turn left at the 4-way stop. Go through Matsqui Village. Just past the village is the park on your right. Please take your lunches along. We hope to see many of you come and join us.

Daily assembly point:	Matsqui Village Park, Riverside Rd, Abbotsford
Time:	9 am

Participants (25): Wayne Waardenburg, Donna Nicholas, Jan Johnson, Anne-Marie Labourdette, Margaret Fyfe, Roy Barrows, Horst Hees, Dennis Parsons, Carl Rorison, Corry Koster, Audrey & Bill Hannan, Shirley Fisher, Dorothy Kennedy, Helen & Roy Goodchild, David Brown, Tamas & Wendy Sandor, Mark & Ruby Meunier, Bryan Riggs, Peter Cordoni, Chris Siggers, Emmy Matte.

### Germany Tour

Sep 10-25; Max Bissegger 604 536 3202, and Fritz Niebisch 604 588 2408

The tour is underway.

Participants (10): Max & Frances Bissegger, Fritz Niebisch, Ann Foster, Sim Wee, John Cuthbertson, Dan & Jerry Baris, Fem Sule, Betty Darvell-Jones.

### Gabriola 99

Sep 20 to 24; Dennis Parsons 250 881 1170

\$65 due the 17th. Break down of expenses: tenting and 2 dinners on Gabriola \$35, tenting and dinner in Maple Bay \$14; Breakfasts and box lunch \$16.

#### Itinerary:

Mon 20th 9:50 a m ferry from Brentwood; side roads to Maple Bay for dinner prepared by Doreen.  
Tue 21st To Gabriola Island through Chemainus and past Crow and Gate Country Pub (*optional, as in, To Pub or Not to Pub?*); to ferry and 6 kms left to reach cottage. Put up tent again then dinner prepared by Naomi.

Wed 22nd We make breakfast and lunches; the rest of the day is yours until dinnertime.

Thu 23rd Breakfast, then ferry, Crow and Gate, to Chemainus Theatre, to see "The Importance of Being Earnest" by Oscar Wilde.  
Cost: \$22; (with Buffet, \$41, GST included).  
Tickets: 1 800 565 7738.

*Note: For those 'doing the Play', mention the CCCTS and perhaps we will be grouped together.*  
For accommodation: find someone to share, then get Chemainus accom. phone nos. from either Joyce at 250 658 2696, or, Vancouver-side, Katryn Jeronimus, 604 943 3627, and book your own. *I like the quaint Horseshoe Bay Inn with its continental breakfast. Ph. 250 246 4535.*

Fri 24th Let's go home, weather permitting.

*Please note: This a self-contained tour with distances each day of about 50 kms.*

### Provence, France

Sep 16-Oct 06; André Milaire 604 874 4801.

All reservations have been made for a full complement of participants.

Participants (14): André Milaire, Leila Montgomery, Jack Sheppard, John Hickman, Margaret Hunter, Ron & Janice Pickerill, Jerry & Val Brereton, Raynel Merness, Glen & Jean Smith, Don & Maureen Holloway.

Waitlist (2): Bosco Chang, Margot Magee.

### Arizona

Nov 10-25; Jantien & Ted Golsteyn 604 222 4121 or, jantien@direct.ca

Maximum: 20 participants. No camping, no cooking; we use motels and restaurants, and there will be a support vehicle. Cost \$900 for accommodation, lunches and support vehicle; air fare and other meals not included. Shared accommodation. Participants will be the first 20 who send \$900 to the office, marked Arizona Tour.

Stops at: Phoenix, Casa Grande, Tucson, Benson, Tombstone, Bisbee, Douglas, Sierra Vista, Nogales, Tucson, Biosphere II, Coolidge, Phoenix.

*Looks like room for one more tour here... anyone going to New Zealand?*

## 2000 TOURS

### Sea to Sea 2000

May-Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24 from Victoria (Mile 0) (May 25 from Tsawwassen) with around 85 cycling days and about 15 days off at interesting places. The tour ends in Halifax on Aug 31, 2000. We will be going south through the USA around Lake Superior. \$300 non-refundable deposit to be submitted by Nov 1, 1999.

*I would like the Y2K X Canada tour to be an enjoyable experience for all participants.*

*I have received some offers from members who want to pitch in to make this "continental crossing" ride a happy one. And that is exactly the key to its success; that we each offer what we can for the group. Some days, when all goes well, we are all going to be in high spirits, which is great while it lasts. On other days some of us are going to need some help to get out of a physical (when seeing a big hill ahead), emotional, spiritual or energy- depression from those of us who that day feel "on top of it all."*

*And there are ups and downs in store for each of us.*

*If we keep connected, like our bike's chains, keep in touch with each link, we will grow stronger every day as a group and no one will be left at the bottom for long.*

*Thank you for your offers of help, for your encouragements and your willingness. Keep it up. I think we will wait until early next year to see what talents the "going group" (\$300 - deposit by Nov 1/99) possesses and to sort them out. Too many things can still happen to change plans made too early. In the meantime some of us are working to find campgrounds at the places we would like to stop and there are still some large gaps in our wish list. Dennis Parsons is gathering addresses, phone numbers and email links on his computer, and Dennis Flewelling is searching the land for places to stay. Since campgrounds are often closed during the winter months we need to make as many reservations as possible now. Let's keep on biking. Love, Horst.*

Participants: Horst Hees, Sally Svensson, Dennis Flewelling, Marthe Lambert, Renaud Préfontaine, Jack Roy, Marilyn Murphy, Timothy Pickering, Eric & Kathy Hofmann, James Erickson, Suzanne Gagnon, Shirley Fisher, Lorraine Singh, Noreen Finken, Valerie Welburn, Sonja Joos, Peter den Boer, Bosco Chang, Judy Jackson, Ness McCulley, Dan Eaton, Ed Ungrin, Geraldine & James Reid, Wendy Pearson, Ronald Eade, Donna Nicholas, Lise Brooks, Raynel Merness, Alec Vennos, Ernie Schmidt, Bryan Riggs, Jim Boate, Bud Skinner, Arnold Smith, Gordon & Sonie Kennedy, Rachelle Kennedy, Stan Sanders, Fern Sule, Jack

Sharkey, Jean Horrocks, Brian Altenkirk, Roy Goodchild, Jim Eickmeier, Myrna McRoberts, Jan & Ken Absher.

### VANCOUVER & Vicinity WEEKLY RIDES

#### Sundays:

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

#### Tuesdays/Thursdays:

- **Ladner-** Meet Ladner Community Centre, 10 am. The second Tuesday of each month is dinner night. Contact Al Hollinger 946 1347.

#### Wednesdays:

- **West Vancouver-** Meet 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

#### Sundays:

- **Victoria-** Meet 9 am at Big Apples Bagels at the Saanich Plaza. Contact Horst Hees 250 389 1152, or Rolf Petersen 250 384 6804.

#### Wednesdays:

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

#### Thursdays:

- **Nanosee/Parksville-** Meet 10 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 250 468 5696.

### 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.

### OTTAWA WEEKLY RIDES

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

**FOLLOW THAT STORY...** excerpt from the Victoria Times Colonist *Thanks to Dennis for this one.*

Records for the world's fastest human powered vehicles just keep falling to Victoria cyclists riding machines invented by Gabriola Islander George Georgiev... On July 23 at a track in Blaineville, Quebec, Andrea Blaseckie set four new women's records, including one for riding 1000m at a speed of 75.697 km/h. Seven days later, Sam Wittingham set two men's records, including one improving the all-time (low-altitude) speed record he already held, to 100.601 km/h.

Georgiev's team also cleaned up at the North American Human Powered Vehicle Championships, held in Wisconsin on August 7 and 8. Unfortunately, they weren't able to scare up enough dough to fly to the world championships being held this week in Switzerland, where Georgiev's designs would've been admired by a considerable audience. Instead they're gearing up for next summer's racing season, with an aim to set a new record for distance (over 90 km) travelled in one hour - the Holy Grail

of human-powered vehicles. Sponsors, please call 812-7729.

Not as speedy but just as inspiring is Roger Colwill, a recovering stroke patient who relies on a recumbent tricycle (*photo posted at office*) to get around town. Colwill, 57, has nearly lost use of his left hand, but that hasn't stopped the former realtor-turned-community activist from cycling, thanks to some re-engineering of his 90-speed Quetzal so that he can do all his shifting and braking with his right hand.

# NEWSBRIEF

*The Cross Canada Cycle Tour Society*

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
http://www.vcn.bc.ca/cccts/

Tel / Fax: 604-433-7710  
E-mail: cccts@vcn.bc.ca

Vol. 16 No. 09

Editor Rolf Petersen [rolf.p@home.com](mailto:rolf.p@home.com)

October 1999

## President's Report.

### Dennis Parsons



A cyclist once exclaimed, a little surprised, "This is more a social club than a cycling one," and yes, when looked at closely, it is. Rereading last month's Newsbrief it was evident that we're more interested in one another than ways to shave another milligram off the pedals. There were many more articles about interaction than about

achievements. Is something amiss? Should we put noses to handlebars and bums up in the air and just go for it? I think not. The aim of our society is to encourage healthier living through cycling and what better way to get someone out of the house than with the anticipation of a welcome at the starting point of the day's ride? For the new member, the fledgling, a double welcome. Make it a duty to ride with this person and not away from him or her. We will soon have new names appearing in the stories and we will be cycling the byways around the cities, the towns, the villages, across the country, around the world. And we can still enjoy the giggly times.

In reference to the Senior Games; we have in the past attempted to compile a list of participants and invariably some ones name has been left out. Thus in the future it will be the personal responsibility of the individual to submit their names and results.

## Coming Events Calendar.

### November:

- 4<sup>th</sup>. Directors' Meeting.
- 10<sup>th</sup>. 25<sup>th</sup>. Arizona Tour.

### December:

- 1<sup>st</sup>. Wed. Banquet & Dance.
- 2<sup>nd</sup>. Thu. Annual General Meeting.
- 9<sup>th</sup>. Thu. Christmas in Victoria.

## CHRISTMAS IN VICTORIA.



GOOD FOOD! - GOOD FUN!

Thursday, Dec. 9<sup>th</sup>. 1999  
MAGUIRE'S  
7855 East Saanich Road  
(formerly Columbo's)  
Time: 6:00 pm for 7:00 pm dinner.

Menu choices: Barbecue ribs, Chicken cordon bleu, Chicken parmesan, Stuffed pork loin, Vegetarian dinner, Fish of the day. (all dinners include potato or rice, vegetables, soup or salad, dessert and coffee.)

\$ 17 per person incl. tax and gratuity. Please reply before December 1st with your choice of dinner to Jan Grove, (250) 478-4146  
~~~~~  
Gabriola Tour Sept 20-24

Dennis' Gabriola Tour makes for a delightful get-away before winter sets in and it did so again this year.

Club members from scattered Island locales came out to meet us in Duncan, the Crow and Gate Pub, as well as Gabriola ..... good to see them all. We numbered 13 on the Gabriola shores and the days were warm and sunny for cycling the Island, picnicking on the beaches, visiting the petroglyphs, Malaspina Galleries and Drumbeig Park. The cabin was busy with good food, drink and social time. Doing the trip in two laps lightened the trek and gave us a wonderful evening camped in Dave and Doreen's lovely yard in Maple Bay ..... the meals were delicious, the beer cold and conversation lively ..... a delightful stop!

Only 6 of us stayed over in Chemainus for the Theatre and sumptuous buffet ..... we used the hotel and B&B's..... a nice Wind-up before the cycle home.

Thank you Dennis, for a good little trip ..... your meanderings on the back roads in avoidance of the hills, are most pleasant and adventuresome. Thank you to our friends with vehicles who lightened our loads for portions of the trip; and a medal to John, for arriving there AT ALL, without swimming across!

Duke and Joyce Dukeshire

# NEWSBRIEF

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 5<sup>th</sup> of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS.

Membership fees: Single \$ 25; Couples \$ 35. The month your dues expire is shown on the address mail-out label.

## 1998 / 1999 DIRECTORS.

|                  |                                                                |
|------------------|----------------------------------------------------------------|
| President        | Dennis Parsons<br>250 881 1170                                 |
| Vice/Pres./Tours | Ted Stubbs<br>604 321 2784                                     |
| Treasurer        | Bob Douglas<br>604 435 3893                                    |
| Secretary        | Catherine Lynch<br>604 543 0956                                |
| Equipment        | Jim Jeffrey<br>604 943 0924<br>Dan McGuire<br>604 942 3235     |
| Membership       | John Peck<br>604 538 0195<br>Carl Rorison                      |
| Newsbrief        | Mary Eickhoff<br>604 535 2513<br>Rolf Petersen<br>250 384 6804 |
| Office Manager   | Glen Smith<br>604 521 1007                                     |
| Social Convenor  | Carl Rorison<br>604 530 6289                                   |
| The Island       | Horst Hees<br>250 389 1152                                     |
| Senior Games     | Barbara Hetzer<br>250 995 8430                                 |
| Tours Assistant  | Bob Miller<br>604 263 3905<br>Barton Howes<br>250 378 0927     |
| Club Contacts:   |                                                                |
| Ottawa.....      | Garfield Clack<br>613 729 9384                                 |
| Calgary.....     | Zel Harvie<br>403 228 4934                                     |
| Club Jerseys     | Andre Kaufmann                                                 |



## An unusual Accident.

Eleven members of the Wednesday Cycling Group ( Vancouver) chose to ride to Silver Lake in Washington State. We enjoyed the quietness of the Park, lazed in the sun and prepared to return. We were almost assembled at the entrance, ready to turn south onto the road, when there was a clatter. We looked around and found Bob Douglas lying on top of his bike, in the middle of the road. With astonishment he picked himself up, despite the pain of some road rash. After "do you need a band-aid?" and similar reactions. We picked up the bike and looked at it.

The left side of the handlebar was hanging loose! We were incredulous. Do such things really happen? Comments were: "I think I can ride it like that.", "No, don't try.", "Don't worry, I'll fetch my truck.", "Perhaps we can splint it with a piece of wood.", "I have some electricians tape.", "Here is a piece of tough wire.", "I have some strong cord." The experts were soon on the job. A heavy metal splint was tightly bound with tape and then wrapped with cord.

Bob got back on his bike, claiming that his injuries were nothing much, and proceeded to lead us all down the hill, and eventually back to where we started.

It makes you think how lucky he was. Suppose a handle bar breaks while careening down a hill and hitting a bump, or standing on the pedals to cross a busy street.

What then?

John Peck.

**RE: For The Newsbrief & Board of Directors ( Newsbrief, Sept .99),** By Dan Baris.

Dear Friends,

The referenced article proposes giving ride leaders priority in joining rides. It suggests that such leaders have the privilege of adding friends and relatives as participants. I did not join CCCTS to become a grovelling sycophant single tracking his way to inclusion on the 'priority' list of members. CCCTS seemed to offer opportunities to ride in many fascinating venues and enjoy the company of persons close to my age, a bunch of self-reliant, independent cusses kinda like me, albeit more diplomatic, persons whom I invariably find interesting and fun to be with. Leadership was a future activity subordinated to creating ride opportunities in regions I was interested in visiting. Mr. Baris's suggestions would promote a club of cronies, in which the main objective would degenerate to accumulating Certificates and Merit Badges, and currying favour with the 'inner circle' in order to secure participation in the popular rides. Well, WE DON'T NEED NO STEENKINKBADGES. He seems to advocate leading rides, then complains about the burden of doing so. I know Dan Baris personally and like him; that doesn't mean we can't disagree, nor does my dissent mean I don't understand his positions. Finally, he offers up suggestions about how to achieve 'priority' status. In the case of an infrequent and highly popular ride, such as Cross-Canada 2000, why not have more than one group? How about a second group, another truck, a week later? Perhaps the second group could be like a disciplinary battalion for those aren't nice all the time, eh? We could have an overall leader, El Jefe Grande, i.e. Horst; a Sergeant-At-Arms, Torquemada, i.e. Tamas Sandor; and subleaders, Los jefes notso grande, i.e. Jean Horrocks and Mark Meunier. Indeed, another group may want to do the ride self-contained I'll lead that one.

Problems and obstacles, real or imagined, offer opportunities, not just stumbling blocks. I know that we can deal with these problems. If I can help please let me know. I'm recovering from shoulder surgery ( 3 months recovery and, rehab) and have lots of time to make inquiries and contacts, to help in Organisation.

**Seriously,** let's not practice cronyism in CCCTS. All riders should be equal, but none should be more equal than others.

Yours truly, Dan Eaton.



## Biking and Sex.

### Can riding Cause Impotence?

Exercise has many benefits: it protects against heart disease, high blood pressure, stroke, diabetes, and obesity and it increases bone calcium and muscle strength. When performed regularly, exercise prolongs life while adding vigor and enjoyment to those extra years. Perhaps it's the extra vigor that leads some athletes to voice the undocumented claim that exercise has also improved their sex lives; more than one runner has been spotted wearing a T-shirt boasting "Marathoners Keep It Up Longer." Biking is an excellent, low-impact form of exercise, sharing the benefits of walking, jogging, swimming, and other aerobic activities. But bikers don't generally boast about their sexual prowess; on the contrary, many worry that their favorite sport may in fact damage their reproductive organs and sexual function. For years, urologists have treated occasional bikers with impotence, but it took recent studies from Norway and Boston to put these anecdotes into perspective.

### A Long Ride.....

The Scandinavian subjects were 160 men who responded to a questionnaire after they had completed a bike tour of some 324 miles. That's a long way to ride, especially in competition, and it produced a surprisingly large number of urological complaints; in all, more than one-fifth of the men experienced at least one symptom. In 20 percent, that symptom was numbness of the penis, which lasted more than a week in more than 6 percent of the riders. Genital numbness is bad enough, but impaired erectile function is even worse—yet 21 of the men (13 percent) developed impotence, which lasted more than a week in 11 and more than a month in 3 of them. That's a high price to pay for fitness, even with the glory of a championship race thrown in.

### Going the Distance.....

The Norwegian experience may be extreme—the effect of very prolonged biking under intense conditions that could lead a rider to ignore warning symptoms. Still, it's a red flag for every man who rides, whether he's on an 18-speed racer or a stationary exercycle. To find out if urological symptoms are related to the distance a man rides (and the time he spends perched on his bike), doctors in Boston surveyed 505 members of a biking club and 126 runners who didn't ride at all. They found that the more a man rides, the more likely he is to develop urological complaints, including numbness or pain in his penis, altered ejaculatory sensation, difficulty achieving orgasm, impotence, and urinary complaints. Do you have to give up biking to preserve your sexual function? Not if you take a few simple precautions.

### The Anatomy of Man and Bike.

The key concern is the seat. When a man sits on a chair, his weight is distributed across both buttocks; the two ischial bones absorb a lot of that weight, taking the pressure off the perineum, the central zone that contains the nerves and arteries that run into the penis. But because a bicycle seat is narrow, it places pressure on the perineum itself, compressing crucial nerves and arteries. Nerve damage accounts for the penile numbness experienced by bikers; in fact, most of the Norwegian men who reported urological complaints also developed numbness of their hands due to nerve damage inflicted by pressure from the handlebars. Pressure on the pudendal artery adds to the nerve injury to produce impotence, which can be temporary or prolonged; a narrow bike seat can reduce blood flow by as much as 66 percent, and even a broad seat may temporarily reduce flow by 25 percent.

### Simple Solutions....

If the bicycle seat is the problem, it can also be the solution. Pick a wide seat with plenty of padding—there are even special gel-filled and shock-absorbing seats. Don't tilt your seat up to the forward position, which increases the pressure on your perineum. Be sure the seat height is correct, so that your legs are not completely straightened at the bottom of your pedal stroke. And for extra protection, consider wearing padded biking pants. A few other tips can also help. Raise the handlebars so you are sitting more upright. To protect yourself from trauma to your genitals if you fall against the bike's top tube, put some foam padding across the hard steel tube. Be sure the top tube is at least two inches below your crotch when you straddle it—or look for a bike with a slanting or step-through top tube (a "woman's bike"). Above all, be alert for early warning symptoms. If you experience tingling or numbness in your penis, get off your bike. If the problem recurs despite a broad, padded, well-positioned seat, consider switching to a recumbent bike, especially if you are a heavy man. Even if you don't develop warning symptoms, shift your position and take breaks during long rides. And while you're at it, be sure to protect the rest of your body from biking injuries: wear a helmet; ride defensively and prudently while obeying the rules of the road; avoid hazardous weather conditions; wear bright, highly visible clothing, and beware of the biker's arch-enemies—cars and dogs.

### Balance Is the Key.

Perhaps the best advice of all is to make biking part of a balanced fitness program instead of relying on it exclusively. Intersperse riding with walking, jogging, or swimming. Climb off your stationary bike and get on a treadmill, elliptical trainer, or stair climber. Make exercise part of your daily life; if biking is your thing, exercise the simple precautions that will enable you to keep it up longer..

Relative to this same subject, I recently purchased a "Body Geometry Saddle" by Specialized (SB-BGS) which, based on my first use of it, appears to be a dramatic advance over any product of its kind in the past. Designed for use by both women and men, it really cuts the pressure on the whole perineal area. It was recommended to me by one of the Product Specialists at Nashbar who said it was much better than their own branded product and anything else on the market.

Please say "hello" to all our friends in Canada! Regards, Tom Joyce; Longmont, Colorado. 303 772 8908.

## TOUR DE LA BELLE PROVINCE DE QUEBEC

By Brenda Borron.

Life is cruel. After cycling over 2700 km. since we left home for the Tour de la Belle Province de Quebec and ALOT, I expected to be whizzing up and down these little bumps they call hills around here, impressing the heck out of everyone, and on the side restoring order to the garden. Instead, I'm grounded for four weeks, nursing a new appendix scar obtained in Toronto, while the muscles waste away and all the weeds dance and fling their seeds around. Oh well, there are memories of two great tours.

The Quebec tour lived up to expectations.. We cycled for miles alongside beautiful rivers, through lush farming countryside and picturesque villages, with well-kept, attractive houses. They were cheap, too, if the realty ads were accurate: \$90,000 would buy a pleasant place in some areas. The St. Lawrence River was spectacular, but most of all I liked the smaller rivers - e.g. Riviere Chaudiere and Riviere Batiscan. Our only regret was that we couldn't explore all the sights. For example, Sainte Marie, a lovely little town alongside the Chaudiere, and Montebello by the Ottawa River. At Saint- Georges the Mayor said he hoped we would take time to visit his town, but we had already been to a nearby pioneer village and had to get moving to reach the campsite near St. Martin. But with only three weeks and such a big area, what can you do! It doesn't help that Art and I are slowing down, either. Our weather was mixed. Some rain on nine out of the twenty-one days, but only about three days where it was bad while cycling. Sometimes it would pour at night, but we were able to dry the tents the next evening. In Montreal, the hostel was opposite a parking lot surrounded by a grassy bank, but the first morning you could hardly see the bank for all the tents laid out and flapping in the breeze.

Often the weather was warm and very humid, and for anyone who was susceptible, bug repellent was a must. There were so many nice places, all I can do is mention some highlights. The tour was to begin August 7 with a 124 km. ride to Chute-a-Blondeau. Seven of us decided to start gently on the 6th and take two days. They were magical. Flat riding, tail wind, mostly sunny. Doc Watson was in Ottawa, and he escorted us out of town over the canal lock, along Sussex Drive to gaze at the PM's and Governor General's residences, to Orleans, where the main group received a ceremonial sendoff from the mayor and officials the next day. We reached our proposed destination, North Plantagenet, only to find there was no room at the (only) inn! Luckily Sonja, who was our interpreter, told the receptionist that she just had to find us something or we would be on the street that night, so she phoned around and found some units at M. et Mme Rouleau's in the neighbouring village of Alfred. Yes, despite the place names, this area of Ontario is French. We were surprised to find that many people, such as the Rouleaus, spoke little or no English, and since our own bilingualism isn't so hot either, we would have been struggling without Sonja.

The ride on the 3rd day into Montreal was memorable in that it rained the whole time. When 27 drowned cyclists arrived at Dunkin Donuts, we found some truly noble guides, organized by Marthe, had cycled out to meet us and lead us into Montreal. Thank you, thank you, thank you...

The weather caused some mishaps, with wet roads and railway tracks. One guide fell and got a flat. Rolf smashed his brakes. More seriously, Mary Eickhoff fractured her clavicle. But she didn't give up. She couldn't cycle, but she explored Montreal with us, shuttled ahead to Quebec, and then took time out with Mary Jane who had to return to Ottawa and beyond on business for a few days. We were really impressed by the cycling facilities in Montreal and Quebec City. For example, on roads where the shoulder is a designated bike lane, cars are ticketed if they park there in the summer. In some major streets, the bike lanes are separated from the traffic by a curb. And there are miles and miles of bike trails. Quebec Province is in process of building over 3,000 km of bike paths. In Montreal, we had a guided bus tour, which gave a good overview, and then we explored on our own, made easy by the Metro. But like most tourists, we loved Quebec City the most. It isn't so overwhelmingly big as Montreal, and has real charm. Here we had a walking tour, led by a cute, super-energetic little Canadienne, who leaped around and gestured wildly while acting out her historical account in present-day patois! Another colorful character was the street musician who played three pipes all at once - one in his mouth and one in each nostril. He was very skilful, and a revolting sight. Some of us toured the provincial parliament buildings. The officials were very helpful, but there were so many of them wandering around, we couldn't decide if their main function was to inform or to monitor!

In the Beauce country, south of Quebec, we cycled for miles along the Riviere Chaudiere. At Saint-Georges, Marthe had arranged, through her friend Pierette Lacroix, for us to be bussed to Le Village des Defricheurs, a sort of pioneer village in a rural setting near Saint-Prosper. We spent an interesting morning there, then were taken back to Saint Georges where the Mayor and staff put on a luncheon for us. What a welcome! Thanks to everyone, and especially to Pierette.

Our third comfort stop (meaning we had beds in rooms) was at Bishop's University in Lennoxville. This is a spacious, restful campus, with a wonderful old chapel, St. Mark's. Lennoxville is a charming small town, with a patrolled bike path going to Sherbrooke in one direction and to North Hatley in the other. At Lennoxville Jim was thrilled to track down a book he had been hunting, "The Megantic Outlaw". Not only did he find the book, he found the author, who drove into town to give him an autographed copy.

A highlight of the tour for many people was the monastery near Austin. We arrived in pouring rain at the campsite, which was a playground, a garage, and a toilet. Word was the women could get showers at the Nuns' quarters for a small donation, and everyone was welcome to see the monastery. I wish Art and I had gone. Everyone who did, said it was a special place - a stone building with an air of simplicity and serenity. It rained all night. Some put up their tents in the garage and then carried them out. Some slept on the floor of the garage. Josie and Eleanor sneaked into the back of the truck and yakked and giggled into the night.

A great little town was Knowlton. Not only did it have a bakery with croissants that even Andre admitted were out of this world, it had a model railway store and the owner had constructed an elaborate route in front of his store complete with scenery, tunnels and two miniature trains. One emitted smoke, and the other bubbles. There was a little girl rushing round to watch the trains, her face alight with excitement! .....continued on page 5

**Quebec continued.....** At Cookshire we stayed at Camping Prevert, a cooperative with many mobile homes. There are two lakes, separated by a large grassy strip of high ground, and this is where we camped and celebrated Sonja and Roberto's 38th wedding anniversary with their daughter and family. The camp management were marvellous. They blocked off the bank to traffic, so we wouldn't be bothered, and disconnected all the overhead lights along the strip. What service! As we left, we all cycled round the camp singing Auld Lang Syne to try to show our appreciation. I hope it wasn't too early!

We saw quite a few churches. The beautiful Notre Dame Basilica in Montreal, of course. St. Mark's Anglican Chapel at Bishop's University, which has some lovely wood carving. The Presbytere at Deschambault, and the Sanctuary at Cap de la Madeleine. I was impressed by the number of worshippers there, and by the pilgrims we had passed en route walking for days to the sanctuary. Another imposing church was at Saint-Georges. Not only was it huge and ornate, with painted ceiling, walls, and elaborate decor, but it was immaculately maintained. All this in a town of 28,000 inhabitants!

Campsites were good on the whole, ranging from superb (Camping Prevert) to "different"! All were acceptable, with showers, and our leaders did a marvellous job searching them out at suitable locations and mileages. "Different" was one where the owner's hobby was sled dogs. He had 70 of them housed a short distance from camp. They were pretty good, but when something upset them, you knew it! Not as noisy as a train though. Then there was one campsite where the toilet facilities were a little house perched on a hillock. They were fine, but unisex, so you had to be a bit circumspect coming out of the shower.

Last but not least, we had a really great group. Everyone was so determined not to be a slacker that competition for jobs was fierce! Big Jim Boace was always there to haul the bags on the truck, while wife Mary was always busy in the cook tent or with the dishes. They were our recumbent contingent. Some of the group had been at their wedding during a Cyclon tour a few years ago! Kudos to Val, who set out on a rather heavy bike having done very little cycling. She had a hard time, but persevered. In Montreal, following advice, she bought new tires and equipment for her bike, and by the end of the tour she was a strong cyclist. Everyone really appreciated the maple syrup and maple butter donated by Val and husband Bill from their property up north.

In fact, all 28 of us, east and west and in between, made a great team. Special thanks to Sally who drove the truck and went way beyond the norm to make sure that everything was there and available. To Colette, Marthe's sister, who drove part way with us and transported the sick and wounded. To Renaud, who kept the books and helped organize us, plus, in Ottawa, chauffeured and hosted so many of us. Most of all, thanks to Marthe and Lise, who put so much effort into planning a great tour. Their pride in and love of their province was obvious, and they went out of their way to make sure we enjoyed it, too. I don't think we've ever had more meticulous details re routes, distances, etc.

Finally, the closing ceremonies! A bus came to our lovely, tranquil campsite at the reserve faunique near Petit Presqu'île to take us about 30 km. to La Ferme Rouge, a restaurant specializing in seafood. There was a live band, a dance floor, and a cabaret put on by all the serving staff. It was maybe half full with other patrons, and the poor souls never knew what hit them. In no time, half our group was crammed onto the dance floor. Wendy, Bruce, Eleanor, Leila and Jack, Sonja and Roberto, Marilyn, Lise, were all gyrating, Mary Eickhoff was doing a hot number, sling and all, and, highlighting it all, hips swinging, arms waving above the crowd, and with lots of "Hoo-Hah!"s, was Skip, dancing with six women at once! Finally the announcer had to ask everyone to please sit down so the cabaret could take place. The waitresses did the can can. It was good, but they lacked the verve shown by Sonja and Marilyn in their version at camp.

One of the lead singers was a greying gentleman, maybe a bit past it for a rock star, but for our group he fitted in just fine. Our women yipped and hollered their appreciation just as enthusiastically as they had the night before over Jack's new cycle shorts! For those in the group who didn't dance, the food was excellent.

The next day we packed up and rode to Masson, where more guides were waiting to escort us to Ottawa and LeBreton Flats.

Our thanks to these people for their generosity, and to all the many friendly Quebeckers we met en route.

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### **Fraser Valley Hub & Spoke.**

It is not easy to express adequate thanks to Wayne and Clara for their generous hospitality and Wayne's leadership of the Fraser Valley Hub and Spoke tour. The yard surrounding their home was filled with tents and RV's. As well their home was open to all for shower and toilet facilities, and sleeping accommodations for those who needed it. The garage was nicely set up with CCCTS tables, Stoves and cooking utensils for easy preparation of meals and the initial shopping for groceries was done. A borrowed refrigerator eliminated the need for coolers. Tables and chairs neatly arranged provided a warm atmosphere of welcome, friendship and comradery.

On the day of our arrival, Clara and her brother had dinner prepared for us — homemade soup, buns, fresh vegies and barbecued salmon, a rare treat for most of us.

Each morning Wayne cycled to a nearby park to meet riders who came to meet us for the day. On the first day, a record number of 20 arrived to ride with the 22 on the tour. Our daily routes took us to Cascade Falls, Fort Langley, Lynden, Mt Baker area, Bridal Falls, Yarrow and Kilby Prov. Park. Each ride offered its own particular picturesque scenery along the way, a few challenging hills and unique destinations. There was something for everyone -- a special bakery, a thrift shop, historic spots, antique shops, waterfalls, woodland trails, beaches and picnic areas, and a unique out of the way church converted into a pub aptly named "Holy Smokes, It's A Pub" (a highlight of the day for one rider in particular ....) Each day was an adventure and in spite of the best efforts of Wayne and Christina in providing us with maps and detailed directions for each day's ride, some still managed to get somewhat of track!

On our last evening we all gathered together for dinner at The White Spot in Mission to celebrate the end of a great tour. Thanks again, Wayne, Clara and family for a wonderful week. Does anyone else miss the trains? I do..... Honest !

Sincerely, Donna Nicholas

# Seniors Games. going for gold.

By Richard Gibbs.

As a prelude to the games, and in an effort to get myself in top shape I cycled from my home on Texada Island with the object of cycling to Calgary via highway 3 and returning via the Trans Canada to Kamloops where I would meet up with 74 other cyclists from the Tour BC. for a weeks circular tour of the Cariboo region of BC. Then returning home from Kamloops via Cache Creek, Lillooet, Pemberton down to Horseshoe Bay and back up the Sunshine Coast to home.

I left home in the rain on the 21st of June, my faithful steed "Miyaya" loaded to the hilt with all my camping gear and necessities for six weeks on the road. My first stop was Gibsons, (124 km). Next morning caught the ferry to Horseshoe Bay, wound my way through Vancouver and took highway 7 to Mission, it was raining on and off most of the day and although I only covered 85 km's I'd had enough by the time I got to Mission. Then an easy day, more rain and overnigheted in Hope. Left Hope next morning in the pouring rain setting out on the first leg of what would turn out to be a very grueling ride along Highway 3. Hope to Princeton

( 140 km) over the Allison Pass mostly a rainy day, there was still snow on the summit of the Pass, however the sun was shining by the time I got to Princeton. Next day on to Osoyoos 118 km's. From Osoyoos I had a three hour climb over Anarchist Mountain and on to Grand forks (130 km) Next day on to Castlegar, more rain, spent a rest day in Castlegar, it rained all that day. Then on to Creston, I spent five hours climbing this day, first over the Bombi pass and down into Salmo then over the Kootenay Pass and on to Creston a 120 killing kilometres. Creston to Cranbrook could have been a very enjoyable days ride if I didn't have to contend with more of that wet stuff. Next day I left Cranbrook in the pouring rain and it rained until about 10 k from Fernie after which the sun shone through and dried me off, I continued on to Coleman my longest day to date 168 km.

Looking out of the motel window next morning I couldn't believe my eyes, there wasn't a cloud to be seen, although the TV weather station said it was raining in Calgary. I set off from Coleman and just about froze, it was only +5 C. and it was mostly down hill, I would have welcomed a hill to warm up on. This was the first day since I left home that I didn't have to wear raingear, I got to my destination in the nick of time, it poured about two minutes after I arrived at my daughters farm in Millarville about 70 kilometres south of Calgary.

I spent ten days in Calgary visiting family and friends before setting off again. From Calgary I cycled to Two Jacks campground in Banff National Park about 160 km, in contrast to cycling on the first leg of my journey, it was a hot hard day, the wind out of the west is always very challenging on that Calgary - Canmore stretch of highway. This was the first time I used my tent since I left home, previously it had been too cold and wet. By the time I got to Two Jacks I was pooped, I managed to get my tent up, had some nuts and dried fruit for supper, crawled into my sleeping bag and slept from 7 p.m. to 7am. Next day

bright and early, off to Golden 140 kilometres away. Then Revelstoke another 150 Km's. I stayed in a hostel at Revelstoke, excellent accommodation for only \$14.00. cheaper than camping. Then on to Salmon Arm 110 km's. From Salmon Arm I cycled on to Squilax, only about 70 km, and spent two nights at the hostel there, I was ahead of schedule I didn't have to be in Kamloops until the 16th. July. Squilax was only a short hop into Kamloops 68 km. where I met up with the Tour BC Group.

The weeks tour of the Cariboo was like a real holiday, there was a sag wagon to carry all our gear, the food provided was excellent, and a modest average of a 110 kilometres a day felt really restful. After returning to Kamloops I was reunited with all my gear and set off on the last leg of my journey. It was pouring with rain when I left Kamloops but it eased off after about twenty miles, and I made it to Lillooet 180 kilometres my longest day yet. Finally, Lillooet to Whistler over the Duffy Lake road, Whistler to Gibsons, and Gibsons to home. The four days from Kamloops to home really wrung me out, I didn't look at my bike for two days. My trip wasn't without mishaps, I hit a pot hole doing 70 kph down into Williams Lake and ruined my rear wheel, I had to rebuild it with a new rim and spokes, my chain broke four times, luckily I had a chain repair tool with me. And between Kamloops and Lillooet my rear tire blew out, a legacy from hitting the pothole, it must have weakened the side wall. Luckily I was carrying a spare.

As I said at the start, that journey was meant to get me in shape for the BC Seniors Games, which was held in Fernie the 26, 27, and 28th of August. Well it must have paid off. I came second for the silver in the ten mile time trial, I hate short time trials they are just punishment from the start to finish, you are racing against the clock and have no idea of how your doing until it's all over. In this particular event I passed the two who started in front of me (you start off at minute intervals) and was closing the gap on the third, then I got a little over confident and thought to myself "what are you killing yourself for, it's in the bag, and there is another race tomorrow", so I settled into a good fast pace which I thought was all that was necessary. Well I was wrong, a fellow who started way after me beat my time by 26 seconds.

In the 50 km Road Race, it was a different story, The route consisted of two laps of a twenty kilometre circuit with a five kilometre leg out to the circuit and back.

Ten kilometres into the race there was a fairly long winding hill, I moved to the front of the pack and put the pressure on, much to my surprise I was all alone at the top, I had no intention of making a break so early in the race. I yelled out to the motor cycle escort "How much of a lead do I have?" He replied "about half a kilometre", so I just kept on going, opening up over a four minute gap on the second place finisher. That won me the "Gold". The hill climb was a 1.7 km climb with grades of 5,8 and 12 %. It's run like a time trial, each rider setting off at minute intervals. I won that with just six seconds to spare over the second place finisher in a time of 05:37 minutes. Which got me my second "Gold".

(Editors Note: More Senior games in next NEWSBRIEF).

# CCCTS Tours

# 2000 Tours

## Big Island of Hawaii.

Jan 18<sup>th</sup>. To Feb 1<sup>st</sup>.

Jim & Shirley Mae Jeffrey.

Ph. (604)943-0924 Fax. 2008

Peachland Ph(250)767-2242 (until Oct 31)

No Camping, No Cooking, No Support Vehicle. Direct flight to Kona via Canada 3000.

Circle the Island : Shortest Day 20 km. Longest day 83 km.

Total approx. 415 km (4 Rest Days).

Costs - Can. P.P.; Air \$ 590.00 Bikes free.

Accommodation \$ 863.00 (Subject to exchange rate)

Total Cost \$ 1453.00

Max. 20 Participants - Double Accommodation Only.

Deposit \$100.00 with registration for Airline Deposit Non-refundable. Balance by Dec. 7<sup>th</sup>. (Cancellation Insurance \$ 46.00)

## Sea to Sea 2000.

May - Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24<sup>th</sup>. From Victoria (Mile 0), (May 25<sup>th</sup>. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug. 31<sup>st</sup>., 2000. We will be going south through The USA around Lake Superior.

\$ 300 non-refundable deposit to be submitted by Nov. 1<sup>st</sup>. 1999.

Identifying and contacting suitable campsites for the tour is very time consuming, and difficult in very small places. We've split the job into sections by province. Dermis Parsons is doing much of the phoning and Dennis Flewelling is working to identify the hard to reach places in Saskatchewan and Manitoba.

For the USA section as well as for the Ontario and Quebec sections we are approaching members to assist us in locating suitable campgrounds. So far we have 44 out of a total of 100 days identified.

There are over seven months to go before we start, lots of time to pack. But how shall we pack? On many tours the same people load and unload the bags and many times I've heard the complaint, "the bags are too heavy". On a 100 day tour these bags need to be lifted a minimum of 200 times and when I know on the first day that the bags are too heavy; I'm not likely to volunteer to do the lifting. So, shall we ask the members with the heaviest bags to be the loading team? Or would it work to limit the size and weight of the bags? My bags should not be any heavier than I am willing to lift 200 times happily. There's another problem with baggage, usually; and that is that during foul weather the ones containing tents and ground sheets are dripping. Unless they can easily be separated, they do their dripping on top of other peoples's bags all day long in the truck. We all know the pleasure of putting on a wet shirt after our evening shower. I would suggest that we each have two smaller bags. One for the "dry goods" and one for the potential "drips".

(Continued page 8)

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable 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.
- Wear approved Helmet when cycling.

## **Please note - when applying for Tours :**

For information on specific tours contact tour co-ordinator.

To register for tours call, write or fax the office.

All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour. <

## 1999 Tours (listed in date order)

**Last Chance for a Tour in .99.....**

**Arizona. .....Please note: More Participants needed or Tour may be cancelled.**

**Nov 10 - 25** Jantien & Ted Golsteyn 604 222 4121 or jantien@direct.ca

Maximum: 20 participants. No camping, no cooking; we use motels and restaurants and there will be a support vehicle. Cost \$ 900 for accommodation, lunches and support vehicle; airfare and other meals not included. Shared accommodation. Participants will be the first 20 who send \$ 900 to the office, marked Arizona Tour.

Stops at; Phoenix, Casa Grande, Tucson, Benson, Tombstone, Bisbee, Douglas, Sierra Vista, Nogales, Tucson, Biosphere II, Coolidge, Phoenix.

Participants: Ted & Jantien Golsteyn, John Peck, Katryn Jeronimus, Emmy Matte, Margrit deGraff.

Sea to Sea .....One more thing before I shut my bag. Let's identify our bags so that the driver can figure out who is late arriving in camp, who may be visiting relatives or staying in a motels, etc. The bags can then be left on the truck, safe and sound. A name taped onto the bag is better than a tag because it is not as easily tom off.

P S. One of our Doctor members suggested that we may want to consider getting a flue shot this winter to last us through the trip.

**P.P.S. Don't forget to get your deposit in on time.**

Love, Horst

Participants: Horst Hees, Sally Svensson, Dennis Flewelling, Marthe Lambert, Renaud Prefontaine, Jack Roy, Marilyn Murphy, Timothy Pickering, Eric & Kathy Hofman, James Erickson, Suzanne Gagnon, Shirley Fisher, Lorraine Singh, Noreen Finken, Valerie Welburn, Peter den Boer, Bosco Chang, Ness McCulley, Dan Eaton, Ed Ungrin, Geraldine & James Reid, Wendy Pearson, Ronald Eade, Donna Nicholas, Raynel Merness, Alec Vennos, Ernie Schmidt, Bryan Riggs, Jim Boate, Bud Skinner, Arnold Smith, Gordon & Sonie Kennedy, Rachelle Kennedy, Stan Sanders, Fern Sulé, Jack Sharkey, Jean Horrocks, Brian Altenkirk, Roy Goodchild, Jim Eickmeier, Myrna McRoberts, Jan & Ken Absher, Louise Major

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### Vancouver & Vicinity Weekly Rides.

#### **Sundays:**

**Vancouver** ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) The usual ride is to Steveston, but we occasionally try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435 3893.

#### **Tuesdays / Thursdays:**

**Ladner**- Meet at 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, 22<sup>nd</sup> and Marine Drive for different destinations each week.

Contact Mel or Betty 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 :**

Sunday ..... Meet 9 am at Big Apple Bagels at the Saanich Plaza.

Wednesday ...Meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152

Rolf Petersen 250 384 6804

### **Nanoose / Parksville:**

Meet 10 am at Nanoose Place, 2925 Northwest Bay Rd.

Contact : Diana / Al Lifton 250 468 5696

### Ottawa Weekly Rides.

Thursdays ~ For details Contact : Garfield Clack 613 729 9384

5058

613 828 9502

Bobbie Redmond 613 225

Gerry Sutherland

### Calgary Weekly Rides

With the "Elbow Valley Easy Riders".

Their rides are on Tuesday and Thursdays, Apr 15<sup>th</sup> to Oct 15<sup>th</sup>.

If traveling through Calgary and interested in cycling with this group. Contact: Joan Engman 403 288 7910

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## Thank you Letters .

### **Thanks.**

We just returned from "Tour de la Belle Province de Quebec". It was a very successful tour and I know it will be described in detail by other participants. I would like to send a special "thank you" via our News Brief to Bobby Redmond who ran a taxi service to and from the Airport transporting bicycles and bags and opened her home to several of our members. You are a great host, Bobby and we thank you very much.

Also Bobby lead us on bike ride to the beautiful home of the Berrys'. They had a delicious lunch prepared for us. Thanks to both of you for your hospitality. Hope we have the opportunity to return your kindness in Vancouver.

Leila Montgomery / Jack Sheppard.

---

### **Fraser Valley Hub & Spoke.**

I was able to be included in Wayne Waardenburgs' tour. It was very well planned and Wayne and Clara opened their home to so many people. The trips were so perfect.....even the weather. What more can I say. Thanks, Wayne & Clara.

Yvonne Miller.

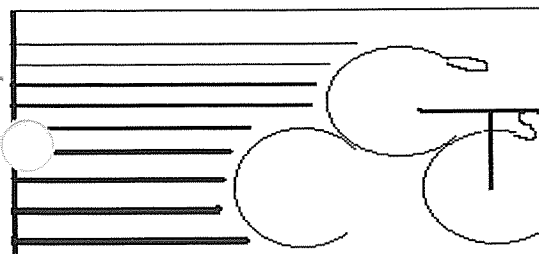
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### **To those who make the porridge.**

**Oh please do not let me see ,  
anymore raisins floating free.**

**In my Oatmeal, on my Salad  
PLAIN.....would be what I'd be glad of.**

- Jan Johnson.-



# NEWSBRIEF

*The Cross Canada Cycle Tour Society*

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

Vol. 16 No.10

Editor Rolf Petersen [rolf.p@home.com](mailto:rolf.p@home.com)

November 1999

## President's Report.

**Dennis Parsons**

**P**Yikes!!! YK2 is upon us; we have only one more Newsbrief, one more banquet and the last A.G.M of this millennium Perhaps we can do something special by attending, in large numbers, these last two events.

I have been assured that a welcoming group will be present to introduce newer members to others like themselves; to leaders and to those they might be sharing a tour with next year. I've even asked that a section be set aside at the AGM, so the newer members can be with a peer group and have their own clique, as it were. Come along and see how it works.

Tours are us and this year has seen very successful ones. For 2000 we have three sanctioned tours and one proposed. Jim Jeffries and Horst Hees will be leading their first tours. Old hand Ted Stubbs is considering one in Alberta and I will be going to my favorite country down under. Note that none of us has had leadership training.(there is ample literature in the office if one wants guidance) We rely on the support of the participants who appreciate the leader's efforts.

Its easy. Pick a tour that others want to do and you have a template for success. Try it.

Remember that the banquet is 24 days before Christmas....quite enough time to recover.

See you there, Dennis.

### What a Life.

At an ecumenical roundtable discussion, various religious leaders tried to answer the question, "When does life start?"

"At conception," said the Catholic priest.

"No, No," said the Presbyterian minister. "It begins at birth."

"It's in between," said the Baptist. "Life begins at 12 weeks, when the fetus develops a functional heartbeat."

"I disagree with all of you," said the Rabbi. "Life begins when our last child leaves home and takes the dog with him."

From Reader's Digest

## ANNUAL BANQUET & DANCE.

*Wednesday, Dec. 1<sup>st</sup> at Kinsmen Recreation Centre.*



5430 - 10<sup>th</sup>. Ave. Tsawwassen,  
South Delta.

Bar open at 6:00 pm

Dinner at 7:00 pm

Music: Stan Lewis (same as last year)

Food: Same caterer as last year.

Price: \$26 per person.

Please get your tickets as soon as possible to give us some idea how many to cater for. Notify the office or call Carl Rorison; 604-530-6289, Email: [crorison@bc.sympatico.ca](mailto:crorison@bc.sympatico.ca) If paying by cheque, please indicate it is for the banquet.

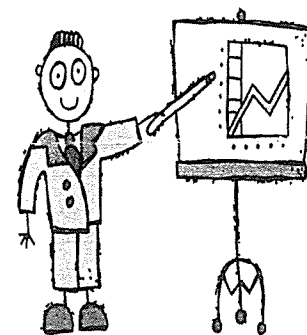
## Annual General Meeting.

Date: Thursday, Dec. 2<sup>nd</sup>. 1999

Time: 11:00 AM - 1:00 PM

Location: South Delta Recreation Centre,  
Tsawwassen Hall "A" Main Building  
Coffee and Goodies.

December Directors meeting to follow.



## Ladner Christmas Ride.

Date: Tuesday December 21<sup>st</sup>.

Ride from Ladner Community Centre as usual at 10 a.m., arriving at Katryn & Carl Jeronimus' home by 12 noon.

Bring a goofy gift and that good 'ol spirit of St. Nick.

Weather: The order is in for a fair cycling day; however, should our weather gods ignore us, just come to Katryn & Carl's for the party by fair means or foul.

# NEWSBRIEF

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 5<sup>th</sup> of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS.

Membership fees: Single \$ 25; Couples \$ 35. The month your dues expire is shown on the address mail-out label.

## 1998 / 1999 DIRECTORS.

|                  |                                                                |
|------------------|----------------------------------------------------------------|
| President        | Dennis Parsons<br>250 881 1170                                 |
| Vice/Pres./Tours | Ted Stubbs<br>604 321 2784                                     |
| Treasurer        | Bob Douglas<br>604 435 3893                                    |
| Secretary        | Catherine Lynch<br>604 543 0956                                |
| Equipment        | Jim Jeffrey<br>604 943 0924<br>Dan McGuire<br>604 942 3235     |
| Membership       | John Peck<br>604 538 0195<br>Carl Rorison                      |
| Newsbrief        | Mary Eickhoff<br>604 535 2513<br>Rolf Petersen<br>250 384 6804 |
| Office Manager   | Glen Smith<br>604 521 1007                                     |
| Social Convenor  | Carl Rorison<br>604 530 6289                                   |
| The Island       | Horst Hees<br>250 389 1152                                     |
| Senior Games     | Barbara Hetzer<br>250 995 8430                                 |
| Tours Assistant  | Bob Miller<br>604 263 3905<br>Barton Howes<br>250 378 0927     |
| Club Contacts:   |                                                                |
| Ottawa.....      | Garfield Clack<br>613 729 9384                                 |
| Calgary.....     | Zel Harvie<br>403 228 4934                                     |
| Club Jerseys     | Andre Kaufmann<br>604 581 3923                                 |



## CHRISTMAS IN VICTORIA.

GOOD FOOD! - GOOD FUN!

Thursday, Dec. 9<sup>th</sup>. 1999

M A G U I R E ' S (formerly Columbo's)

7855 East Saanich Road

Time: 6:00 pm for 7:00 pm dinner.

Menu choices: Barbecue ribs, Chicken cordon bleu, Chicken Parmesan, Stuffed pork loin, Vegetarian dinner, Fish of the day. (all dinners include potato or rice, vegetables, soup or salad, dessert and coffee.)

\$ 17 per person including tax and gratuity.

Please reply before December 1<sup>st</sup>. with your choice of dinner to Jan Grove, (250) 478-4146

## New CCCTS Members.



|                        |              |                                              |
|------------------------|--------------|----------------------------------------------|
| Kolic David            | 604-438-0847 | 2729 East 25th Av., Vancouver, BC V5R 1H6.   |
| Craig Tony             |              | Box 20001, Barrie, ON . L4M 6E9.             |
| Vesterman Zina         | 416-631-9427 | 701 Finch Av. W., Toronto, ON . M3H 4X4.     |
| Louis Patricia & Larry |              | Box 478, Chemainus, BC. V0R 1K0.             |
| Major Louise           | 418-872-9650 | 2330 Place Lola, Québec, QC. G2E 2K5.        |
| Milner Graeme          | 337-1984     | 196 Riverlaw Tec, Christchurch, New Zealand. |
| VanWoudenberg Yvonne   | 604-299-6656 | 117 N. Springer Ave., Burnaby, BC. V5B 1H3.  |
| Wallace Greg           | 509-865-2818 | 372 Chambers Rd., Toppenish, WA, USA 98948.  |

## Listen to your Bike.

Bob Douglas.

Following the collapsed handlebar incident, so aptly described by John Peck, I was feeling rather smug in that, for once my carelessness wasn't the cause of the spill. Or was it?

For a week or two prior to the accident the handlebar had been creaking; probably trying to tell me that a hairline crack was developing. I ignored it!

## Ladner's Birthday Bash.

Frances Bissegger

Dennis Parsons said in his "President's Report" in the Newsbrief last month that there is more to being a member of The CCCTS than cycling your butt off. It is also a social club and we are interested in one another. This is very evident at the monthly birthday dinners held at Ricky's Restaurant.

On October 12<sup>th</sup>. There was twenty-three people present to celebrate the birthdays of Sam Bigelow, Mary Eickhoff and Shirley Fisher.

Sam Bigelow doesn't cycle anymore but he said he keeps us close to his heart. Through the dinners he can stay in touch. Mary Eickhoff, one of the Editors of our Newsbrief, also celebrated her birthday. Mary's work with the Newsbrief is invaluable for helping us to get to know each other and keeping us informed.

The third birthday was Shirley Fisher's. Anyone that rides with Shirley knows that she often wear a long bright scarf (to make her more visible to cars in traffic, I think). Eva presented a very funny spoof about this habit of Shirley's. Eva, Alyce and Dorothy came forward wearing long colorful scarfs and Eva read a poem she had written urging Shirley to be careful that the fate of Isadora Duncan did not befall her (Isadora was a movie actress who wore long scarfs and in 1927 her scarf got caught in a car wheel and she choked). Martin then thanked Shirley for her efforts in organizing the birthday dinners.

The birthday dinner is also a very good way for the non-cycling spouse to get to know the group. Harry Seddon and Jerry Brereton brought their partners. In addition to cycling Harry Seddon also enjoys acting. Eighteen people have tickets to see Harry perform in the mystery thriller "Dead Ringer" at Metro Theater on the evening following the birthday dinner.

One of our favorite waitresses at Ricky's is leaving to live in Abbotsford. On behalf of the group Al wished her well and presented her with flowers and a card

And so a very social evening came to an end and we all went home with warm fuzzy feelings.



## Toaring Germany.....

The tour in Germany turned out well, the weather was beautiful up to 31 degrees C (or 81 degrees F) almost too hot to ride. Most of the time we cycled on bike paths, which were usually very good, The odd time when we missed a marker or a sign, we ended up on the road for awhile, otherwise it was great cycling.

The accommodation varied between Youth Hostels and Hotels. The trouble with Youth Hostels was, most of the time they were on top of a mountain, and not near the centre of the town. In the Youth Hostels we bunked 3 to 6 people in one room. We appreciated a hotel room shared by two people to a room so much more. We usually had our own shower in the room.

Fritz Niebisch caught the flu on the way over, and was laid off for 3 or 4 days, I sorely missed him. Our group was divided in to a fast team and the slower people. (it took Eila Taylor's observation in the last newsbrief to remind me , some folks are older, or not so lucky, to be fast cyclists We all do it to keep fit to the best of our abilities).

One day we had a thunderstorm, and we decided to take the train to the next town Hann. Muenden. It was worth it, for the sun came out by noon, and Hann. Muenden is a beautiful old town. We had time to explore the place and enjoy it.

The support driver Kurt Frenzel from Germany, (which Fritz met in New Zealand on his last trip down there) was just an absolute gem. He unloaded and loaded the baggage, he made minor repairs to various bikes, and he had always water and bananas handy when we needed them. Kurt also made many extra trips to the bank, grocery store, bike shop, and Kurt was always cheerful. On the last day in Hameln, Kurt ferried people and bikes all morning to the railway station for different departures. Thanks Kurt.

Another great help was our contact man in Frankfurt, Harald Bratinamann, which I met through the

German Cycling Association. He was waiting for us on arrival in Frankfurt, and he guided us with bikes and baggage through this maze of airport and rail station to the right places. When we arrived back from Hameln, Harald was again waiting to help us.

We had no serious accident or problem, but had lots of fun. Everyone won a prize for something or other, a T shirt with castles and stuff printed on it, to take home with wonderful memories of Germany.

I am happy to report we did not loose anyone, and most of us returned home to Canada and US, some took extended vacation and are still over there somewhere?

It was a good ride, thanks to all for a good effort

Max Bissegger and Fritz Niebisch

### ***What makes a trip memorable?***

Perhaps it's the people: Max our tireless leader( well actually he had two tires) who gave unselfishly of his time and energy to ensure we had a great trip; Frances, always there with a listening ear and supportive smile, who made a new German friend- in German; Fritz , assistant leader, shaking fruit trees for us and scouting the best "backereis", and (when not disabled

by a nasty cold) singing those good old German songs; Sim, who despite inheriting Fritz's cold, cycled valiantly onward, smiling through it all; John the pathfinder, who always had the map, knew the way, and got there first (perhaps our next Germany trip leader?); Dan, full of helpful assistance, friendly advice and Yankee know-how; Jerry, cheerfully negotiating the roughest of terrain; Fern, who, along with Barbara, had energy enough to disco the evenings away; Barbara, who in addition to the above, put up with a rental bike due to transit - or should that be Transat - damage to her own bike; Betty, always there offering words, even drinks, of encouragement to those in need (me); Kurt, our van driver and jack-of-all-trades, carrying luggage, arranging train schedules, making minor bike repairs - you name it, he probably

.....continued on page 4



# CCCTS Tour de France '99



We all arrived in Nice, France on the cote d'azur around the 15th of Sept / 99. The tour officially started on Sept 19<sup>th</sup>. but we needed the time to become acclimatized and explore this beautiful Mediterranean coast of France. Some poked around museums and others went to Monte Carlo via bike or train and visited with the rich and famous.

Sunday the 19th arrived and we launched ourselves on our French adventure. The rain Gods decided to test us and we cycled 95 km west along the coted'azur in a tropical downpour. We all arrived at St Raphael/Frejus in one piece, but wet. We got to try our first Formula 1 motel. This is France's answer for low cost but predictable travel accommodations. The next day the weather improved dramatically and stayed that way for the rest of the trip. Andre designed the tour so we would go in a circle around Provence as far north as Vaison Romain, east to Fountain Valcluse and west to Nimes and as far south as Aigues Morte across the Camarque sea marshes. The highlights of the trip were the D yellow roads with little or no traffic wandering through a very neat and organized countryside of Provence. Other highlights of the trip were the Pont d'Arc., the Bridge at Avignon and the medieval villages like Seguret..

Everyday was a new adventure and the evenings were there to enjoy the local French wines which we all shared. The trip ended at Avignon and we all went our separate ways to find our way home. About 8 of us felt we had been cheated out of the best part of the cote d'azur by cycling most of it in torrential rain of the first day. We made our way to St Raphael by train (a real adventure which could be another chapter) and then leisurely cycled back to Nice along the famous Cote d'Azur through Cannes Antibes and other famous places.

Thank you, Andre Milaire for such a great trip and for letting us share your native country with you.

Glen Smith.

---

## Germany continued.....

did it for us! Then there was me, Ann, a CCCTS newcomer. I served as the official "slow person" so that all the others could feel good about not being the slowest. Then again, perhaps it's the places and experiences that make a trip memorable: The beauty and variety of scenery greeting us at every bend of the "Radweg" - and sometimes even the "Wrong Weg"..... meandering rivers (the Nahe, Mosel, Lahn and Weser), sloping vineyards, rolling hills and farms dotted with wildflower and fluffy clouds overhead. Now and then, beautiful old stone bridges could be seen, along with people enjoying boating activities. As we went through the small towns, we enjoyed the lovely gardens and window boxes, cobblestone streets, half-timbered old buildings often with beautiful wood carving and church bells. Just when our legs would start to ache, a "Backerei" would miraculously materialize, and "Zwetschen- Kuchen" quickly became a group favorite. In the distance, always atop the highest of hills, could be seen centuries-old castles along with 20<sup>th</sup>. Century Youth Hostels. There was ample time for a closer look at both building types. Then there was memorable dinners, which were almost every night! Overlooking the vineyards at Bernkastel-Kues, celebrating Dan's 76<sup>th</sup>. at Braubach, and our last evening together in Hameln stand out as culinary highlights. And then there were the little impromptu happenings: Friendly encounters with kind hearted Germans helping us find our "Weg", mini-accordion and choral concerts, learning to play pool, swimming in the mineral baths - there really was never a dull moment. Why only 10 of us on this great trip? The rest of you missed something Grand - maybe next time?

Is it the people or the experience?  
The answer, dear reader, is left to you.

Glossary: Radweg - Bikepath  
Backerei - bakery  
Zwetschenkuchen - plum cake

Submitted by Ann Foster

We arrived in Ottawa, five of us actually on the same plane, and I received our first taste of the wonderful hospitality of the Ottawa Cycling Club. Bonnie was there to pick up Sally and Sylvia, but after delivering them to the hostel she came back and loaded up her van with Dick (who had arrived in Vancouver the day before, from New Zealand), Bob, June and me, and all our bikes and equipment.

Dick, June and I were delivered to Garfield's house which he generously let us use while he was away. There we met Bill Augusteijn who would be leading our tour. Renaud arrived and hauled our gear to the truck which Sally and Rolf were preparing for their second tour of the summer.

It was nice to cycle around Ottawa and see the parks, rivers and canals. The parliament buildings took on a more spectacular appearance when seen from the cycle path along the river.

Gerry, Renaud and Doc guided us 20 keen cycle tourists south out of Ottawa and into the rural Ontario countryside. The sky was sunny, the roads were good with light traffic, and the wind was on our back, cyclist's heaven. Over the next three weeks we would be renewing old acquaintances and making new ones.

There was much to see and enjoy all along the route. The Rideau Canal system is a wonderful feature; built about 150 years ago for freight and military purposes (it by-passed the St Lawrence river where shipping could be shelled from the USA side), it now serves the many recreational boaters in the area as well as providing park and heritage interest.

Rural Ontario is quiet and scenic. Many farm buildings are old classics, but some were in need of repair, although there might be a new motor home in the yard. Brockville is interesting, and the route along the Thousand Island Parkway was very scenic plus had many kilometers of paved cycle path.

Kingston is a small lively Lake Ontario port city with museums and other places of interest, including Queens University, many old and modern military establishments, and a few prison facilities. The ferry across the entrance to the St Lawrence River leaves from down-town to Wolfe Island, from which a cute little



ferry takes one to New York State, where there was a no-hassle welcome by a pleasant customs officer.

Upper New York State seems to be an agriculture and tourist area. There are interesting small towns and historic sites, many from the War of 1812 and the earlier colonial and revolutionary period. It's handy when touring to have your own maps so one can interpret the route instructions plus explore off the main route. Thus we saw such places as historic Sackets Harbor and Pultneyville, the massive earthworks and buildings of Fort Ontario at Oswego, the lighthouse at Point Breeze, and the huge antique car rally at Olcott. The New York State roads were generally quiet in rural areas, campsites are good quality and popular, and there were splendid flaming sunsets over the lake.

Returning to Canada across the Rainbow Bridge at Niagara is a real treat. The crowds are a bit of a shock but this is because of the splendor of the falls and the river gorge. The town of Niagara-on-the-Lake with its well kept historic buildings, the Shaw festival, and surrounding vineyards is well worth a visit, as is the Welland canal and St.

Catharines.

Toronto is a big city but it has many interesting places to visit. Our downtown Hostel was close to the action; we were transported in on a bus and, on a Saturday morning, cycled out. As we cycled through Oshawa and rejoined the lakeshore the surroundings changed from busy urban back to peaceful rural. There were interesting towns, parks, canals and natural waterways along the Bay of Quinte area, and one night a marvelous display of the Aurora Borealis.

Northward from Kingston we entered the rocky and lightly populated Canadian Shield. At Perth, the last night of the tour, we were treated to motel rooms and real beds, plus a banquet. The next day we were met by Lise and her merry Ottawa cyclists, who guided us into the city centre, part of the way along the Ottawa River cycle path.

Many thanks to Bill Augusteijn for leading us on this tour, to Sally and Rolf for buying provisions and trucking our equipment across the country, and all the Ottawa club for guiding us along the route, and for the local assistance.

### *Fraser Valley.*

I just finished my first tour with the CCCTS; The Fraser Valley tour and found it so enjoyable, that already I am putting my name in for another tour (The Arizona Tour). Clara and Wayne, our warm and friendly hosts went out of their way to make us feel at home and their rural and very scenic place was perfect for camping. Thank you Clara and Wayne!

The daily trips were all very pleasurable; away from busy highways and the routes well thought out.. And what a group of people! The weather perfect! After the tour finished I felt I could bike around the world.

But the letdown came quickly when I arrived home on Gabriola Island, only to find the Deer had taken over my property. There is nothing like mending broken fences to bring one down to earth in a hurry.

But after my war with them I will bike again

Emmy Matte.

Business to be resolved at the Annual General Meeting.

2<sup>nd</sup> Dec. 1999.

Election of Directors. The following members have agreed to let their names stand for Election. Listed in alphabetic order:

|                 |                         |                |
|-----------------|-------------------------|----------------|
| Sonya Bardati   | Member since 1995-07-11 |                |
| Bob Douglas.    | Member since 1982-10-15 | 1999 Director  |
| Mary Eickhoff.  | Member since 1993-11-02 | 1999 Director  |
| Horst Hees.     | Member since 1992-09-25 | 1999 Director  |
| Barton Howes    | Member since 1992-05-25 | 1999 Director  |
| Jim Jeffrey     | Member since 1992-03-30 | 1999 Director  |
| Catherine Lynch | Member since 1994-07-29 | 1999 Director  |
| Dan McGuire.    | Member since 1996-04-08 | 1999 Director  |
| Bruce McLean    | Member since 1997-08-14 |                |
| Dennis Parsons  | Member since 1986-04-02 | 1999 President |
| John Peck       | Member since 1986-10-02 | 1999 Director  |
| Rolf Petersen   | Member since 1993-04-13 | 1999 Director  |
| Ted Stubbs      | Member since 1986-05-14 | 1999 Director  |
| Sally Svensson  | Member since 1995-07-11 |                |
| Ed Weinstein    | Member since 1997-10-06 |                |

Nominations will also be accepted from the floor.

Resolution presented by Barton Howes.

Subject: Leaders to be paid.

Where as the membership of the CCCTS continue to increase and more and more tours should be put on for club members and the older experienced leaders are not leading any more tours and there is no training program for tour leaders and the responsibility that is assumed to be taken by a tour leader is almost beyond description, and at the present time when there is a full time Wagonmaster the tour fee of the wagon master is an expense of the participants, and on the Cuba and South Africa tour the tour leaders fees was an expense to the members of the tour.

Be it resolved that for all future camping tours of the CCCTS, the tour fee for the leader shall be considered a legitimate tour expense. (Hotel/Motel tours excluded).



### *Kelowna's golden girl.*

Donna Nicholas fares much better when competing in cycling events. She built on that success in Elk Valley, with gold medals in the women's 60-64-year-old hill climb, road race and time trial. "I am really a runner, but I cycle a bit," said Nicholas, who has now won the hill climb event at four consecutive Seniors Games. "It's the first time I've won gold in all three events. I didn't expect to win them all, all though I am strong on a hill climb. I train by riding up June Springs Road. It's about five

kilometres to the end of the pavement. This (Games) race was only 1.5 kilometres and the grade wasn't as steep as what I'm used to. The competition wasn't as stiff this year," said Nicholas, also a marathon runner. "I think there will be a lot more people here next year." The B.C. Senior Games are FUN! We hope to have bigger than ever field of cyclists and other competitors at the Games here in Kelowna in Sept. 2000. Think about coming!

Try our Okanagan Hospitality in October.

(The Daily Courier). Donna Nicholas

### **In Memory of Ron France.**

Some of the early members of CCCTS will remember Ron ..tall and thin. He cycled the Australia/New Zealand Tour in ' 84 and also led a tour in the West Kootenays in ' 89.

On October 19, 1999 in Vernon B.C. he was driving and had a massive Aneurysm and ran into the back of a truck .He was pronounced brain dead and taken off life support and passed away Oct. 21

Our sympathy goes out to his family.

Monty Maundrell.

### **Attrition**

By John Peck

We have the impression that the club is growing. Indeed, some figures bear this out. For example in October 1989 we had 201 members. Today we have more than twice that number. But is everything just what we think?

We can easily calculate those members whose dues were not in arrears at a particular date and beyond. For example, the number of members who were paid up to 1999-10 and beyond is 494, whereas those paid up to 1998-10 and beyond is 580. What does this mean? Well, it means that over one year we have lost 86 members.

If we repeat this calculation for all the years from 1990 to 1999 we find some surprising results. The number of members lost to attrition in those years was: 0, 18, 35, 38, 49, 37, 47, 47, 42, 86. Thus in 1990, no members dropped out, but in 1999 we lost 86 members. But why this sudden jump? One would have expected around 45.

Of course, being a group of seniors, there are those whose time on earth has run out. But surely not 86 in one year. So this year around twice as many members than is usual have felt that the club does not provide what they want, and have not renewed their membership.

Does this give us some food for thought?

### **The Ladner Halloween Party .**

True to tradition we have to work before we can party so about 20 of us went out for our regular Tuesday ride before heading up the hill to Katryn Jeronimus' place for our annual Halloween bash. We were lucky with the weather, cool to start, but then the sun came out and there was no wind so we were all in good spirits and starving to boot by the time we arrived.

This being a Pot Luck affair the food was fabulous and we did it justice. Some were in costume varying from wigs to funny noses to full clown outfits. All were eloquent and articulate and one tall tale led to another, it was hard to tell where fact and fiction met and parted company. The lies sounded true and the truth was definitely stretched but no one cared. We all had a super good time and are as always grateful to Al for organizing it and to Katryn , Shirley, Dorothy, Carl and Alice for making it happen. A big thank you to you all.



By Mary Whyte.

# CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable 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.
- Wear approved Helmet when cycling.

## Please note - when applying for Tours :

For information on specific tours contact tour co-ordinator. To register for tours call, write or fax the office. All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour.<

## Big Island of Hawaii.

18<sup>th</sup>. To Feb 1<sup>st</sup>.

Jim & Shirley Mae Jeffrey.  
Ph. (604)943-0924 Fax. 2008

Registration closed as we have 26 confirmed participants. Seats on Canada 3000 booked with \$100 deposit. Balance due and payable by Dec 1<sup>st</sup>. , to be paid directly to Marlin Travel, Ladner c/o Edie Johnston. Phone (604) 940-0600 P.S. Members who requested Trip Cancellation (\$46/ticket) please forward to CCCTS office.

Accommodation Payment of \$860 due Dec 6<sup>th</sup>.

**Itinerary** Jan 18 Leave Vancouver to Kailua Kona; 19<sup>th</sup>. Kailua Kona; 20<sup>th</sup>. & 21<sup>st</sup>. Captain Cook (Honaunau); 22<sup>nd</sup>. Naalehu; 23<sup>rd</sup>.,24<sup>th</sup>. Volcanoes; 25<sup>th</sup> & 26<sup>th</sup>. Hilo; 27<sup>th</sup>. Honokaa; 28<sup>th</sup>. Kamuela (Waimea); 29<sup>th</sup>. Hawi; 30<sup>th</sup> & 31<sup>st</sup>. Kona; Feb 1<sup>st</sup>. Fly home.

**Participants:** (26) Zel & John Harvie, Bosco Chang, John Peck, Judy Jackson, Laureen Morling, Ray Wright, Corry Coster, Wendy Pearson, Doug White, Dan McGuire, June Gallagher, Jenny Cookson, Tamas & Wendy Sandor, Dora Ellis, Barbara Hetzer, Sonja Joos, Bill Hook, Barbara Faulkner, Jim & Shirley Mae Jeffrey, Al Hollinger, Bruce Ross, Bruce Ross, Dan & Jerry Baris.

## New Zealand Tour.

Feb. 3.....42 days or 60.

\$10 for incidental expenses.

**Dennis Parsons.**

Wendell, Theresa and Josie are going with me to New Zealand again and we would like to invite another 10 members to join us. The current attitude is that we buy a return ticket to Auckland and a one way to Christchurch. Lets share information on prices quoted by your agency. We will explore the city for a few days before heading south to Cromwell, then up the west coast and across the north to Picton. We can

this comfortably in 32 days. With the time left; ferry to Wellington, train or bus to Rotorua, train, bus, cycle to Auckland. I want to then cycle on to 90 mile beach and to this end am prepared to be in NZ for 60 days.

New Zealand is an uncomplicated and friendly country and you should feel at ease in designing your own itinerary to match mine wherever it suits you. The time of year is equivalent to Aug./Sept here.

\$1 Can .is worth \$1.33 N.Z. and a good meal might cost \$10 NZ. that would be it; no added GST, no PST and no tipping.

We travel self-contained, with or without a tent (there are hostels everywhere). If you want to learn something about hostels click on [www.backpack.co.nz/](http://www.backpack.co.nz/)

Contact me at [dovic@inetex.com](mailto:dovic@inetex.com) or 1 250 881 1170.

## Sea to Sea 2000.

( See page 8 for itinerary & Participants)

**May - Aug;** Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24<sup>th</sup>. From Victoria (Mile 0), (May 25<sup>th</sup>. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug. 31<sup>st</sup>. 2000.

## Vancouver & Vicinity Weekly Rides.

### **Sundays:**

**Vancouver** ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) The usual ride is to Steveston, but we occasionally try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435 3893.

### **Tuesdays / Thursdays:**

**Ladner**- Meet at 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, 22<sup>nd</sup> and Marine Drive for different destinations each week.

Contact Mel or Betty 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 :**

Sunday ..... Meet 9 am at Big Apple Bagels at the Saanich Plaza. Wednesday ...Meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152  
Rolf Petersen 250 384 6804

### **Nanoose / Parksville:**

Meet 10 am at Nanoose Place, 2925 Northwest Bay Rd.

Contact : Diana / Al Lifton 250 468 5696

## Ottawa Weekly Rides.

Thursdays ~ For details Contact : Garfield Clack 613 729 9384  
Bobbie Redmond 613 225 5058  
Gerry Sutherland 613 828 9502

## Calgary Weekly Rides

With the "Elbow Valley Easy Riders".

Their rides are on Tuesday and Thursdays, Apr 15<sup>th</sup> to Oct 15<sup>th</sup>.

If traveling through Calgary and interested in cycling with this group.

Contact: Joan Engman 403 288 7910

## Sea to Sea 2000 Participants & Itinerary.

Well yes. The chips are down. Well at least some of them are down for the Y2K X Canada.

There are some people across this country who wants to put on a party for us cyclists as we get close to or pass or rest near their castles. Let's celebrate. For their benefit and ours, here is a list of the places and dates of our proposed stops across this land:

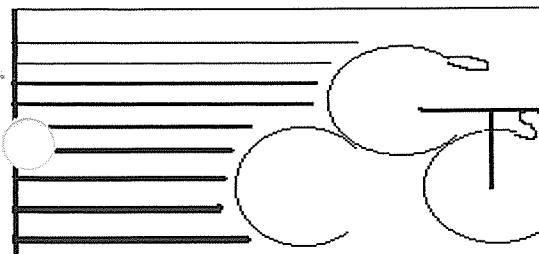
The following list shows the names of the lucky people who have managed to get the required deposit in on time and who will be "the Going Group". In the event that there are still places available, they will be filled as their money arrives in the office for the trip... Here Goes :

In alphabetic order this is the "in group" (paid required deposit on time). **Participants (28):** Brian Altenkirk, Bosco Chang, Peter Boer, Ronald Eade, Noreen Finken, Shirley Fisher, Dennis Flewelling, Horst Hees, Eric & Kathy Hofmann, Jean Horrocks, Gordon Kennedy, Rachelle Kennedy, Sonie Kennedy, Marthe Lambert, Louise Major, Marilyn Murphy, Donna Nicholas, Renaud Prefontaine, Geraldine Reid, James Reid, Bryan Riggs, Ernie Schmidt, Bud Skinner, Arnold Smith, Sally Svensson, Ed Ungrin, Alec Vennos.

In alphabetic order **Wait List (12)** (These will move up on the waiting list in the order the required deposit is received and will be added to the going group if others drop out.) : Jan Absher, Ken Absher, Dan Eaton, James Erickson, Suzanne Gagnon, Ness McCulley, Raynell Merness, Wendy Pearson, Timothy Pickering, Stan Sanders, Jack Sharkey, Fern Sule.

**P.S.** Some of you want to cycle only part way. Please let me know before the end of 1999 if that is your intention ?

|             |                     |             |                     |               |                         |        |                                                        |
|-------------|---------------------|-------------|---------------------|---------------|-------------------------|--------|--------------------------------------------------------|
| <b>May</b>  | <b>B.C.</b>         |             | <b>Manitoba</b>     | Mon 17        | Bancroft                | Mon 14 | Charlottetown                                          |
| Wed 24      | Ladner              | Wed 21      | Reston.             | Tue 18        | Denbigh                 |        | <b>Nova Scotia</b>                                     |
| Thu 25      | Mission             | Thu 22      | Wawanesa            | Wed 19        | White Lake              | Tue 15 | Pictou                                                 |
| Fri 26      | Hope                | Fri 23      | St Claude           | Thu 20        | Ottawa                  | Wed 16 | Linwood                                                |
| Sat 27      | Coquihalla Summit   | Sat 24      | Winnipeg            | Fri 21        | "                       | Thu 17 | Inverness                                              |
| Sun 28      | Merritt             | Sun 25      | "                   |               | <b>Quebec</b>           | Fri 18 | Cheticamp                                              |
| Mon 29      | Kamloops            | Mon 26      | Prawda              | Sat 22        | Carillon Pr. Pk         | Sat 19 | Dingwall                                               |
| Tue 30      | "                   |             | <b>Ontario</b>      | Sun 23        | Montreal                | Sun 20 | Ingonish Beach                                         |
| Wed 31      | Barriere            | Tue 27      | Kenora              | Mon 24        | "                       | Mon 21 | Indian Brook                                           |
| <b>June</b> |                     | Wed 28      | Caliper Lake        | Tue 25        | "                       | Tue 22 | Louisbourg                                             |
| Thu 1       | Clearwater          |             | <b>U.S.A.</b>       | Wed 26        | Berthierville           | Wed 23 | "                                                      |
| Fri 2       | Blue River          | Thu 29      | International Falls | Thu 27        | Champlain               | Thu 24 | Marion Bridge                                          |
| Sat 3       | Valemount           | Fri 30      | Cook                | Fri 28        | Quebec City             | Fri 25 | Whycocomagh Pk                                         |
|             | <b>Alberta</b>      | <b>July</b> |                     | Sat 29        | "                       | Sat 26 | Linwood                                                |
| Sun 4       | Jasper              | Sat 1       | Duluth              | Sun 30        | "                       | Sun 27 | Antigonish                                             |
| Mon 5       | "                   | Sun 2       | "                   | Mon 31        | Baie Saint Paul         | Mon 28 | Sherbrooke                                             |
| Tues 6      | Wilcox Creek        | Mon 3       | Ashland             | <b>August</b> |                         | Tue 29 | Murphy Cove                                            |
| Wed 7       | Waterfowl Lake      | Tue 4       | Bruce Crossing      | Tue 1         | Tadoussac               | Wed 30 | Halifax                                                |
| Thu 8       | Banff               | Wed 5       | Marquette           | Wed 2         | Rimouski                | Thu 31 | "                                                      |
| Fri 9       | Calgary             | Thu 6       | Seney               | Thu 3         | Sayabec                 |        | <b>End of tour, unless anyone wants to cycle back.</b> |
| Sat 10      | "                   |             | <b>Ontario</b>      | Fri 4         | Causapsca               |        |                                                        |
| Sun 11      | Gleichen            | Fri 7       | Sault Ste. Marie    |               | <b>New Brunswick</b>    |        |                                                        |
| Mon 12      | Tillebrook          | Sat 8       | "                   | Sat 5         | Campbellton             |        |                                                        |
| Tue 13      | Medicine Hat        | Sun 9       | Bruce Mines         | Sun 6         | "                       |        |                                                        |
|             | <b>Saskatchewan</b> | Mon 10      | Spragge             | Mon 7         | Bathurst                |        |                                                        |
| Wed 14      | Maple Creek         | Tue 11      | Whitefish Falls     | Tue 8         | Kouchibouguac Pk        |        |                                                        |
| Thu 15      | Swift Currant       | Wed 12      | Miller Lake         | Wed 9         | Shediac                 |        |                                                        |
| Fri 16      | Besant              | Thu 13      | " "                 | Thu 10        | Cape Tormentine         |        |                                                        |
| Sat 17      | Milestone           | Fri 14      | Meaford             |               | <b>Prince Edward Is</b> |        |                                                        |
| Sun 18      | Weyburn             | Sat 15      | Elmvale             | Fri 11        | Summerside              |        |                                                        |
| Mon 19      | "                   | Sun 16      | Norland             | Sat 12        | Cavendish Beach         |        |                                                        |
| Tue 20      | Carlyle             |             |                     | Sun 13        | " "                     |        |                                                        |



# NEWSBRIEF

*The Cross Canada Cycle Tour Society*

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
http://www.vcn.bc.ca/cccts/

Tel / Fax: 604-433-7710  
E-mail: cccts@vcn.bc.ca

Vol. 16 No.10

Editor Rolf Petersen [rolf.p@home.com](mailto:rolf.p@home.com)

November 1999

## President's Report.

**Dennis Parsons**

**P**Yikes!!! YK2 is upon us; we have only one more Newsbrief, one more banquet and the last A.G.M of this millennium. Perhaps we can do something special by attending, in large numbers, these last two events.

I have been assured that a welcoming group will be present to introduce newer members to others like themselves; to leaders and to those they might be sharing a tour with next year. I've even asked that a section be set aside at the AGM, so the newer members can be with a peer group and have their own clique, as it were. Come along and see how it works.

Years are us and this year has seen very successful ones. For 2000 we have three sanctioned tours and one proposed. Jim Jeffries and Horst Hees will be leading their first tours. Old hand Ted Stubbs is considering one in Alberta and I will be going to my favorite country down under. Note that none of us has had leadership training. (there is ample literature in the office if one wants guidance) We rely on the support of the participants who appreciate the leader's efforts.

It's easy. Pick a tour that others want to do and you have a template for success. Try it.

Remember that the banquet is 24 days before Christmas....quite enough time to recover.

See you there, Dennis.

### What a Life.

At an ecumenical roundtable discussion, various religious leaders tried to answer the question, "When does life start?"

"At conception," said the Catholic priest.

"No, No," said the Presbyterian minister. "It begins at birth."

"It's in between," said the Baptist. "Life begins at 12 weeks, when the fetus develops a functional heartbeat."

"I disagree with all of you," said the Rabbi. "Life begins when our last child leaves home and takes the dog with him."

From Reader's Digest

## ANNUAL BANQUET & DANCE.

*Wednesday, Dec. 1<sup>st</sup> at Kinsmen Recreation Centre.*



5430 - 10<sup>th</sup>. Ave. Tsawwassen,  
South Delta.

Bar open at 6:00 pm

Dinner at 7:00 pm

Music: Stan Lewis (same as last year)

Food: Same caterer as last year.

Price: \$26 per person.

Please get your tickets as soon as possible to give us some idea how many to cater for. Notify the office or call Carl Rorison; 604-530-6289, Email: [crorison@bc.sympatico.ca](mailto:crorison@bc.sympatico.ca)  
If paying by cheque, please indicate it is for the banquet.

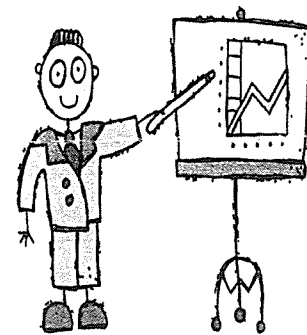
## Annual General Meeting.

Date: Thursday, Dec. 2<sup>nd</sup>. 1999

Time: 11:00 AM - 1:00 PM

Location: South Delta Recreation Centre,  
Tsawwassen Hall "A" Main Building  
Coffee and Goodies.

December Directors meeting to follow.



## Ladner Christmas Ride.

Date: Tuesday December 21<sup>st</sup>.

Ride from Ladner Community Centre as usual at 10 a.m., arriving at Katryn & Carl Jeronimus' home by 12 noon.

Bring a goofy gift and that good 'ol spirit of St. Nick.

Weather: The order is in for a fair cycling day; however, should our weather gods ignore us, just come to Katryn & Carl's for the party by fair means or foul.

# NEWSBRIEF

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 5<sup>th</sup> of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS.

Membership fees: Single \$ 25; Couples \$ 35. The month your dues expire is shown on the address mail-out label.

## 1998 / 1999 DIRECTORS.

|                  |                                                                |
|------------------|----------------------------------------------------------------|
| President        | Dennis Parsons<br>250 881 1170                                 |
| Vice/Pres./Tours | Ted Stubbs<br>604 321 2784                                     |
| Treasurer        | Bob Douglas<br>604 435 3893                                    |
| Secretary        | Catherine Lynch<br>604 543 0956                                |
| Equipment        | Jim Jeffrey<br>604 943 0924<br>Dan McGuire<br>604 942 3235     |
| Membership       | John Peck<br>604 538 0195<br>Carl Rorison                      |
| Newsbrief        | Mary Eickhoff<br>604 535 2513<br>Rolf Petersen<br>250 384 6804 |
| Office Manager   | Glen Smith<br>604 521 1007                                     |
| Social Convenor  | Carl Rorison<br>604 530 6289                                   |
| The Island       | Horst Hees<br>250 389 1152                                     |
| Senior Games     | Barbara Hetzer<br>250 995 8430                                 |
| Tours Assistant  | Bob Miller<br>604 263 3905<br>Barton Howes<br>250 378 0927     |
| Club Contacts:   |                                                                |
| Ottawa.....      | Garfield Clack<br>613 729 9384                                 |
| Calgary.....     | Zel Harvie<br>403 228 4934                                     |
| Club Jerseys     | Andre Kaufmann<br>604 581 3923                                 |



## CHRISTMAS IN VICTORIA.

GOOD FOOD! - GOOD FUN!

Thursday, Dec. 9<sup>th</sup>. 1999

M A G U I R E' S (formerly Columbo's)

7855 East Saanich Road

Time: 6:00 pm for 7:00 pm dinner.

Menu choices: Barbecue ribs, Chicken cordon bleu, Chicken Parmesan, Stuffed pork loin, Vegetarian dinner, Fish of the day. (all dinners include potato or rice, vegetables, soup or salad, dessert and coffee.)

\$ 17 per person including tax and gratuity.

Please reply before December 1<sup>st</sup>. with your choice of dinner to Jan Grove, (250) 478-4146

## New CCCTS Members.



|                        |              |                                              |
|------------------------|--------------|----------------------------------------------|
| Kolic David            | 604-438-0847 | 2729 East 25th Av., Vancouver, BC V5R 1H6.   |
| Craig Tony             |              | Box 20001, Barrie, ON . L4M 6E9.             |
| Vesterman Zina         | 416-631-9427 | 701 Finch Av. W., Toronto, ON . M3H 4X4.     |
| Louis Patricia & Larry |              | Box 478, Chemainus, BC. V0R 1K0.             |
| Major Louise           | 418-872-9650 | 2330 Place Lola, Québec, QC. G2E 2K5.        |
| Milner Graeme          | 337-1984     | 196 Riverlaw Tec, Christchurch, New Zealand. |
| VanWoudenberg Yvonne   | 604-299-6656 | 117 N. Springer Ave., Burnaby, BC. V5B 1H3.  |
| Wallace Greg           | 509-865-2818 | 372 Chambers Rd., Toppenish, WA, USA 98948.  |

## Listen to your Bike.

Bob Douglas.

Following the collapsed handlebar incident, so aptly described by John Peck, I was feeling rather smug in that, for once my carelessness wasn't the cause of the spill.

Or was it ?

For a week or two prior to the accident the handlebar had been creaking; probably trying to tell me that a hairline crack was developing. I ignored it!

## Ladner's Birthday Bash.

Frances Bissegger

Dennis Parsons said in his "President's Report" in the Newsbrief last month that there is more to being a member of The CCCTS than cycling your butt off. It is also a social club and we are interested in one another. This is very evident at the monthly birthday dinners held at Ricky's Restaurant.

On October 12<sup>th</sup>. There was twenty-three people present to celebrate the birthdays of Sam Bigelow, Mary Eickhoff and Shirley Fisher.

Sam Bigelow doesn't cycle anymore but he said he keeps us close to his heart. Through the dinners he can stay in touch. Mary Eickhoff, one of the Editors of our Newsbrief, also celebrated her birthday. Mary's work with the Newsbrief is invaluable for helping us to get to know each other and keeping us informed.

The third birthday was Shirley Fisher's. Anyone that rides with Shirley knows that she often wear a long bright scarf (to make her more visible to cars in traffic, I think). Eva presented a very funny spoof about this habit of Shirley's. Eva, Alyce and Dorothy came forward wearing long colorful scarfs and Eva read a poem she had written urging Shirley to be careful that the fate of Isadora Duncan did not befall her (Isadora was a movie actress who wore long scarfs and in 1927 her scarf got caught in a car wheel and she choked). Martin then thanked Shirley for her efforts in organizing the birthday dinners.

The birthday dinner is also a very good way for the non-cycling spouse to get to know the group. Harry Seddon and Jerry Brereton brought their partners. In addition to cycling Harry Seddon also enjoys acting. Eighteen people have tickets to see Harry perform in the mystery thriller "Dead Ringer" at Metro Theater on the evening following the birthday dinner.

One of our favorite waitresses at Ricky's is leaving to live in Abbotsford. On behalf of the group Al wished her well and presented her with flowers and a card

And so a very social evening came to an end and we all went home with warm fuzzy feelings.



## Toaring Germany.....

The tour in Germany turned out well, the weather was beautiful up to 31 degrees C (or 81 degrees F) almost too hot to ride. Most of the time we cycled on bike paths, which were usually very good, The odd time when we missed a marker or a sign, we ended up on the road for awhile, otherwise it was great cycling.

The accommodation varied between Youth Hostels and Hotels. The trouble with Youth Hostels was, most of the time they were on top of a mountain, and not near the centre of the town. In the Youth Hostels we bunked 3 to 6 people in one room. We appreciated a hotel room shared by two people to a room so much more. We usually had our own shower in the room.

Fritz Niebisch caught the flu on the way over, and was laid off for 3 or 4 days, I sorely missed him. Our group was divided in to a fast team and the slower people. (it took Eila Taylor's observation in the last newsbrief to remind me , some folks are older, or not so lucky, to be fast cyclists We all do it to keep fit to the best of our abilities).

One day we had a thunderstorm, and we decided to take the train to the next town Hann. Muenden. It was worth it, for the sun came out by noon, and Hann. Muenden is a beautiful old town. We had time to explore the place and enjoy it.

The support driver Kurt Frenzel from Germany, (which Fritz met in New Zealand on his last trip down there) was just an absolute gem. He unloaded and loaded the baggage, he made minor repairs to various bikes, and he had always water and bananas handy when we needed them. Kurt also made many extra trips to the bank, grocery store, bike shop, and Kurt was always cheerful. On the last day in Hameln, Kurt ferried people and bikes all morning to the railway station for different departures. Thanks Kurt.

Another great help was our contact man in Frankfurt, Harald Bratinamann, which I met through the

German Cycling Association. He was waiting for us on arrival in Frankfurt, and he guided us with bikes and baggage through this maze of airport and rail station to the right places. When we arrived back from Hameln, Harald was again waiting to help us.

We had no serious accident or problem, but had lots of fun. Everyone won a prize for something or other, a T shirt with castles and stuff printed on it, to take home with wonderful memories of Germany.

I am happy to report we did not loose anyone, and most of us returned home to Canada and US, some took extended vacation and are still over there somewhere?

It was a good ride, thanks to all for a good effort

Max Bissegger and Fritz Niebisch

### ***What makes a trip memorable?***

Perhaps it's the people: Max our tireless leader( well actually he had two tires) who gave unselfishly of his time and energy to ensure we had a great trip; Frances, always there with a listening ear and supportive smile, who made a new German friend- in German; Fritz , assistant leader, shaking fruit trees for us and scouting the best "backereis", and (when not disabled

by a nasty cold) singing those good old German songs; Sim, who despite inheriting Fritz's cold, cycled valiantly onward, smiling through it all; John the pathfinder, who always had the map, knew the way, and got there first (perhaps our next Germany trip leader?); Dan, full of helpful assistance, friendly advice and Yankee know-how; Jerry, cheerfully negotiating the roughest of terrain; Fern, who, along with Barbara, had energy enough to disco the evenings away; Barbara, who in addition to the above, put up with a rental bike due to transit - or should that be Transat - damage to her own bike; Betty, always there offering words, even drinks, of encouragement to those in need (me); Kurt, our van driver and jack-of-all-trades, carrying luggage, arranging train schedules, making minor bike repairs - you name it, he probably

.....continued on page 4



# CCCTS Tour de France '99



We all arrived in Nice, France on the cote d'azur around the 15th of Sept / 99. The tour officially started on Sept 19<sup>th</sup>. but we needed the time to become acclimatized and explore this beautiful Mediterranean coast of France. Some poked around museums and others went to Monte Carlo via bike or train and visited with the rich and famous.

Sunday the 19th arrived and we launched ourselves on our French adventure. The rain Gods decided to test us and we cycled 95 km west along the coted'azur in a tropical downpour. We all arrived at St Raphael/Frejus in one piece, but wet. We got to try our first Formula 1 motel. This is France's answer for low cost but predictable travel accommodations. The next day the weather improved dramatically and stayed that way for the rest of the trip. Andre designed the tour so we would go in a circle around Provence as far north as Vaison Romain, east to Fountain Valcluse and west to Nimes and as far south as Aigues Morte across the Camarque sea marshes. The highlights of the trip were the D yellow roads with little or no traffic wandering through a very neat and organized countryside of Provence. Other highlights of the trip were the Pont d'Arc., the Bridge at Avignon and the medieval villages like Seguret..

Everyday was a new adventure and the evenings were there to enjoy the local French wines which we all shared. The trip ended at Avignon and we all went our separate ways to find our way home. About 8 of us felt we had been cheated out of the best part of the cote d'azur by cycling most of it in torrential rain of the first day. We made our way to St Raphael by train (a real adventure which could be another chapter) and then leisurely cycled back to Nice along the famous Cote d'Azur through Cannes Antibes and other famous places.

Thank you, Andre Milaire for such a great trip and for letting us share your native country with you.

Glen Smith.

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## Germany continued.....

did it for us! Then there was me, Ann, a CCCTS newcomer. I served as the official "slow person" so that all the others could feel good about not being the slowest. Then again, perhaps it's the places and experiences that make a trip memorable: The beauty and variety of scenery greeting us at every bend of the "Radweg" - and sometimes even the "Wrong Weg"..... meandering rivers (the Nahe, Mosel, Lahn and Weser), sloping vineyards, rolling hills and farms dotted with wildflower and fluffy clouds overhead. Now and then, beautiful old stone bridges could be seen, along with people enjoying boating activities. As we went through the small towns, we enjoyed the lovely gardens and window boxes, cobblestone streets, half-timbered old buildings often with beautiful wood carving and church bells. Just when our legs would start to ache, a "Backerei" would miraculously materialize, and "Zwetschen- Kuchen" quickly became a group favorite. In the distance, always atop the highest of hills, could be seen centuries-old castles along with 20<sup>th</sup>. Century Youth Hostels. There was ample time for a closer look at both building types. Then there was memorable dinners, which were almost every night! Overlooking the vineyards at Bernkastel-Kues, celebrating Dan's 76<sup>th</sup>. at Braubach, and our last evening together in Hameln stand out as culinary highlights. And then there were the little impromptu happenings: Friendly encounters with kind hearted Germans helping us find our "Weg", mini-accordion and choral concerts, learning to play pool, swimming in the mineral baths - there really was never a dull moment. Why only 10 of us on this great trip? The rest of you missed something Grand - maybe next time?

Is it the people or the experience?  
The answer, dear reader, is left to you.

Submitted by Ann Foster

Glossary: Radweg - Bikepath  
Backerei - bakery  
Zwetschenkuchen - plum cake

We arrived in Ottawa, five of us actually on the same plane, and enjoyed our first taste of the wonderful hospitality of the Ottawa Cycling Club. Bonnie was there to pick up Sally and Sylvia, but after delivering them to the hostel she came back and loaded up her van with Dick (who had arrived in Vancouver the day before, from New Zealand), Bob, June and me, and all our bikes and equipment.

Dick, June and I were delivered to Garfield's house which he generously let us use while he was away. There we met Bill Augusteijn who would be leading our tour. Renaud arrived and hauled our gear to the truck which Sally and Rolf were preparing for their second tour of the summer.

It was nice to cycle around Ottawa and see the parks, rivers and canals. The parliament buildings took on a more spectacular appearance when seen from the cycle path along the river.

Gerry, Renaud and Doc guided us 20 keen cycle tourists south out of Ottawa and into the rural Ontario countryside. The sky was sunny, the roads were good with light traffic, and the wind was on our back, cyclist's heaven. Over the next three weeks we would be renewing old acquaintances and making new ones.



There was much to see and enjoy all along the route. The Rideau Canal system is a wonderful feature; built about 150 years ago for freight and military purposes (it by-passed the St Lawrence river where shipping could be shelled from the USA side), it now serves the many recreational boaters in the area as well as providing park and heritage interest.

Rural Ontario is quiet and scenic. Many farm buildings are old classics, but some were in need of repair, although there might be a new motor home in the yard. Brockville is interesting, and the route along the Thousand Island Parkway was very scenic plus had many kilometers of paved cycle path.

Kingston is a small lively Lake Ontario port city with museums and other places of interest, including Queens University, many old and modern military establishments, and a few prison facilities. The ferry across the entrance to the St Lawrence River leaves from down-town to Wolfe Island, from which a cute little

ferry takes one to New York State, where there was a no-hassle welcome by a pleasant customs officer.

Upper New York State seems to be an agriculture and tourist area. There are interesting small towns and historic sites, many from the War of 1812 and the earlier colonial and revolutionary period. It's handy when touring to have your own maps so one can interpret the route instructions plus explore off the main route. Thus we saw such places as historic Sackets Harbor and Pultneyville, the massive earthworks and buildings of Fort Ontario at Oswego, the lighthouse at Point Breeze, and the huge antique car rally at Olcott. The New York State roads were generally quiet in rural areas, campsites are good quality and popular, and there were splendid flaming sunsets over the lake.

Returning to Canada across the Rainbow Bridge at Niagara is a real treat. The crowds are a bit of a shock but this is because of the splendor of the falls and the river gorge. The town of Niagara-on-the-Lake with its well kept historic buildings, the Shaw festival, and surrounding vineyards is well worth a visit, as is the Welland canal and St.

Catharines.

Toronto is a big city but it has many interesting places to visit. Our downtown Hostel was close to the action; we were transported in on a bus and, on a Saturday morning, cycled out. As we cycled through Oshawa and rejoined the lakeshore the surroundings changed from busy urban back to peaceful rural. There were interesting towns, parks, canals and natural waterways along the Bay of Quinte area, and one night a marvelous display of the Aurora Borealis.

Northward from Kingston we entered the rocky and lightly populated Canadian Shield. At Perth, the last night of the tour, we were treated to motel rooms and real beds, plus a banquet. The next day we were met by Lise and her merry Ottawa cyclists, who guided us into the city centre, part of the way along the Ottawa River cycle path.

Many thanks to Bill Augusteijn for leading us on this tour, to Sally and Rolf for buying provisions and trucking our equipment across the country, and all the Ottawa club for guiding us along the route, and for the local assistance.

### *Fraser Valley.*

I just finished my first tour with the CCCTS; The Fraser Valley tour and found it so enjoyable, that already I am putting my name in for another tour (The Arizona Tour). Clara and Wayne, our warm and friendly hosts went out of their way to make us feel at home and their rural and very scenic place was perfect for camping. Thank you Clara and Wayne!

The daily trips were all very pleasurable; away from busy highways and the routes well thought out.. And what a group of people! The weather perfect! After the tour finished I felt I could bike around the world.

But the letdown came quickly when I arrived home on Gabriola Island, only to find the Deer had taken over my property. There is nothing like mending broken fences to bring one down to earth in a hurry.

But after my war with them I will bike again

Emmy Matte.

Business to be resolved at the Annual General Meeting.

2<sup>nd</sup> Dec. 1999.

Election of Directors. The following members have agreed to let their names stand for Election. Listed in alphabetic order:

|                 |                         |                |
|-----------------|-------------------------|----------------|
| Sonya Bardati   | Member since 1995-07-11 |                |
| Bob Douglas.    | Member since 1982-10-15 | 1999 Director  |
| Mary Eickhoff.  | Member since 1993-11-02 | 1999 Director  |
| Horst Hees.     | Member since 1992-09-25 | 1999 Director  |
| Barton Howes    | Member since 1992-05-25 | 1999 Director  |
| Jim Jeffrey     | Member since 1992-03-30 | 1999 Director  |
| Catherine Lynch | Member since 1994-07-29 | 1999 Director  |
| Dan McGuire.    | Member since 1996-04-08 | 1999 Director  |
| Bruce McLean    | Member since 1997-08-14 |                |
| Dennis Parsons  | Member since 1986-04-02 | 1999 President |
| John Peck       | Member since 1986-10-02 | 1999 Director  |
| Rolf Petersen   | Member since 1993-04-13 | 1999 Director  |
| Ted Stubbs      | Member since 1986-05-14 | 1999 Director  |
| Sally Svensson  | Member since 1995-07-11 |                |
| Ed Weinstein    | Member since 1997-10-06 |                |

Nominations will also be accepted from the floor.

Resolution presented by Barton Howes.

Subject: Leaders to be paid.

Where as the membership of the CCCTS continue to increase and more and more tours should be put on for club members and the older experienced leaders are not leading any more tours and there is no training program for tour leaders and the responsibility that is assumed to be taken by a tour leader is almost beyond description, and at the present time when there is a full time Wagonmaster the tour fee of the wagon master is an expense of the participants, and on the Cuba and South Africa tour the tour leaders fees was an expense to the members of the tour.

Be it resolved that for all future camping tours of the CCCTS, the tour fee for the leader shall be considered a legitimate tour expense. (Hotel/Motel tours excluded).



### *Kelowna's golden girl.*

Donna Nicholas fares much better when competing in cycling events. She built on that success in Elk Valley, with gold medals in the women's 60-64-year-old hill climb, road race and time trial. "I am really a runner, but I cycle a bit," said Nicholas, who has now won the hill climb event at four consecutive Seniors Games. "It's the first time I've won gold in all three events. I didn't expect to win them all, all though I am strong on a hill climb. I train by riding up June Springs Road. It's about five

kilometres to the end of the pavement. This (Games) race was only 1.5 kilometres and the grade wasn't as steep as what I'm used to. The competition wasn't as stiff this year," said Nicholas, also a marathon runner. "I think there will be a lot more people here next year."

The B.C. Senior Games are FUN! We hope to have bigger than ever field of cyclists and other competitors at the Games here in Kelowna in Sept. 2000. Think about coming!

Try our Okanagan Hospitality in October.

(The Daily Courier). Donna Nicholas

### **In Memory of Ron France.**

Some of the early members of CCCTS will remember Ron ..tall and thin. He cycled the Australia/New Zealand Tour in ' 84 and also led a tour in the West Kootenays in ' 89.

On October 19, 1999 in Vernon B.C. he was driving and had a massive Aneurysm and ran into the back of a truck .He was pronounced brain dead and taken off life support and passed away Oct. 21

Our sympathy goes out to his family.

Monty Maundrell.

### **Attrition**

By John Peck

We have the impression that the club is growing. Indeed, some figures bear this out. For example in October 1989 we had 201 members. Today we have more than twice that number. But is everything just what we think?

We can easily calculate those members whose dues were not in arrears at a particular date and beyond. For example, the number of members who were paid up to 1999-10 and beyond is 494, whereas those paid up to 1998-10 and beyond is 580. What does this mean? Well, it means that over one year we have lost 86 members.

If we repeat this calculation for all the years from 1990 to 1999 we find some surprising results. The number of members lost to attrition in those years was: 0, 18, 35, 38, 49, 37, 47, 47, 42, 86. Thus in 1990, no members dropped out, but in 1999 we lost 86 members. But why this sudden jump? One would have expected around 45.

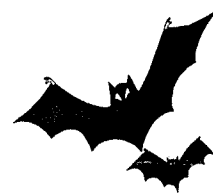
Of course, being a group of seniors, there are those whose time on earth has run out. But surely not 86 in one year. So this year around twice as many members than is usual have felt that the club does not provide what they want, and have not renewed their membership.

Does this give us some food for thought?

### **The Ladner Halloween Party .**

True to tradition we have to work before we can party so about 20 of us went out for our regular Tuesday ride before heading up the hill to Katryn Jeronimus' place for our annual Halloween bash. We were lucky with the weather, cool to start, but then the sun came out and there was no wind so we were all in good spirits and starving to boot by the time we arrived.

This being a Pot Luck affair the food was fabulous and we did it justice. Some were in costume varying from wigs to funny noses to full clown outfits. All were eloquent and articulate and one tall tale led to another, it was hard to tell where fact and fiction met and parted company. The lies sounded true and the truth was definitely stretched but no one cared. We all had a super good time and are as always grateful to Al for organizing it and to Katryn , Shirley, Dorothy, Carl and Alice for making it happen. A big thank you to you all.



By Mary Whyte.

# CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable 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.
- Wear approved Helmet when cycling.

## Please note - when applying for Tours :

For information on specific tours contact tour co-ordinator. To register for tours call, write or fax the office. All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour.<

## Big Island of Hawaii.

18<sup>th</sup>. To Feb 1<sup>st</sup>.

Jim & Shirley Mae Jeffrey.  
Ph. (604)943- 0924 Fax. 2008

Registration closed as we have 26 confirmed participants. Seats on Canada 3000 booked with \$100 deposit. Balance due and payable by Dec 1<sup>st</sup>. , to be paid directly to Marlin Travel, Ladner c/o Edie Johnston. Phone (604) 940-0600 P.S. Members who requested Trip Cancellation (\$46/ticket) please forward to CCCTS office.

Accommodation Payment of \$860 due Dec 6<sup>th</sup>.

**Itinerary** Jan 18 Leave Vancouver to Kailua Kona; 19<sup>th</sup>. Kailua Kona; 20<sup>th</sup>. & 21<sup>st</sup>. Captain Cook (Honaunau); 22<sup>nd</sup>. Naalehu; 23<sup>rd</sup>.,24<sup>th</sup>. Volcanoes; 25<sup>th</sup> & 26<sup>th</sup>. Hilo; 27<sup>th</sup>. Honokaa; 28<sup>th</sup>. Kamuela (Waimea); 29<sup>th</sup>. Hawi; 30<sup>th</sup>. & 31<sup>st</sup>. Kona; Feb 1<sup>st</sup>. Fly home.

**Participants:** (26) Zel & John Harvie, Bosco Chang, John Peck, Judy Jackson, Lauren Morling, Ray Wright, Corry Coster, Wendy Pearson, Doug White, Dan McGuire, June Gallagher, Jenny Cookson, Tamas & Wendy Sandor, Dora Ellis, Barbara Hetzer, Sonja Joos, Bill Hook, Barbara Faulkner, Jim & Shirley Mae Jeffrey, Al Hollinger, Bruce Ross, Bruce Ross, Dan & Jerry Baris.

## New Zealand Tour.

Feb. 3.....42 days or 60.

\$10 for incidental expenses.

**Dennis Parsons.**

Wendell, Theresa and Josie are going with me to New Zealand again and we would like to invite another 10 members to join us. The current attitude is that we buy a return ticket to Auckland and a one way to Christchurch. Lets share information on prices quoted by your agency.

We will explore the city for a few days before heading south to Cromwell, then up the west coast and across the north to Picton. We can this comfortably in 32 days.

With the time left; ferry to Wellington, train or bus to Rotorua, train, bus, cycle to Auckland. I want to then cycle on to 90 mile beach and to this end am prepared to be in NZ for 60 days.

New Zealand is an uncomplicated and friendly country and you should feel at ease in designing your own itinerary to match mine wherever it suits you. The time of year is equivalent to Aug./Sept here.

\$1 Can .is worth \$1.33 N.Z. and a good meal might cost \$10 NZ. that would be it; no added GST, no PST and no tipping.

We travel self-contained, with or without a tent (there are hostels everywhere). If you want to learn something about hostels click on [www.backpack.co.nz/](http://www.backpack.co.nz/)

Contact me at [dovic@inetex.com](mailto:dovic@inetex.com) or 1 250 881 1170.

## Sea to Sea 2000.

( See page 8 for itinerary & Participants)

**May - Aug;** Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24<sup>th</sup>. From Victoria (Mile 0), (May 25<sup>th</sup>. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug. 31<sup>st</sup>., 2000.

## Vancouver & Vicinity Weekly Rides.

### **Sundays:**

**Vancouver** ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) The usual ride is to Steveston, but we occasionally try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435 3893.

### **Tuesdays / Thursdays:**

**Ladner-** Meet at 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, 22<sup>nd</sup> and Marine Drive for different destinations each week.

Contact Mel or Betty 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 :**

Sunday ..... Meet 9 am at Big Apple Bagels at the Saanich Plaza.  
Wednesday ...Meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152  
Rolf Petersen 250 384 6804

### **Nanoose / Parksville:**

Meet 10 am at Nanoose Place, 2925 Northwest Bay Rd.

Contact : Diana / Al Lifton 250 468 5696

## Ottawa Weekly Rides.

Thursdays ~ For details Contact : Garfield Clack 613 729 9384  
Bobbie Redmond 613 225 5058  
Gerry Sutherland 613 828 9502

## Calgary Weekly Rides

With the "Elbow Valley Easy Riders".

Their rides are on Tuesday and Thursdays, Apr 15<sup>th</sup> to Oct 15<sup>th</sup>.

If traveling through Calgary and interested in cycling with this group.

Contact: Joan Engman 403 288 7910

Sea to Sea 2000 Participants & Itinerary.

Well yes. The chips are down. Well at least some of them are down for the Y2K X Canada.

There are some people across this country who wants to put on a party for us cyclists as we get close to or pass or rest near their castles. Let's celebrate. For their benefit and ours, here is a list of the places and dates of our proposed stops across this land:

The following list shows the names of the lucky people who have managed to get the required deposit in on time and who will be "the Going Group". In the event that there are still places available, they will be filled as their money arrives in the office for the trip... Here Goes :

In alphabetic order this is the "in group" (paid required deposit on time). **Participants (28):** Brian Altenkirk, Bosco Chang, Peter Boer, Ronald Eade, Noreen Finken, Shirley Fisher, Dennis Flewelling, Horst Hees, Eric & Kathy Hofmann, Jean Horrocks, Gordon Kennedy, Rachelle Kennedy, Sonie Kennedy, Marthe Lambert, Louise Major, Marilyn Murphy, Donna Nicholas, Renaud Prefontaine, Geraldine Reid, James Reid, Bryan Riggs, Ernie Schmidt, Bud Skinner, Arnold Smith, Sally Svensson, Ed Ungrin, Alec Vennos.

In alphabetic order **Wait List (12)** (These will move up on the waiting list in the order the required deposit is received and will be added to the going group if others drop out.) : Jan Absher, Ken Absher, Dan Eaton, James Erickson, Suzanne Gagnon, Ness McCulley, Raynell Merness, Wendy Pearson, Timothy Pickering, Stan Sanders, Jack Sharkey, Fern Sule.

**P.S.** Some of you want to cycle only part way. Please let me know before the end of 1999 if that is your intention ?

|             |                     |             |                     |               |                         |        |                                                        |
|-------------|---------------------|-------------|---------------------|---------------|-------------------------|--------|--------------------------------------------------------|
| <b>May</b>  | <b>B.C.</b>         |             | <b>Manitoba</b>     | Mon 17        | Bancroft                | Mon 14 | Charlottetown                                          |
| Wed 24      | Ladner              | Wed 21      | Reston.             | Tue 18        | Denbigh                 |        | <b>Nova Scotia</b>                                     |
| Thu 25      | Mission             | Thu 22      | Wawanesa            | Wed 19        | White Lake              | Tue 15 | Pictou                                                 |
| Fri 26      | Hope                | Fri 23      | St Claude           | Thu 20        | Ottawa                  | Wed 16 | Linwood                                                |
| Sat 27      | Coquihalla Summit   | Sat 24      | Winnipeg            | Fri 21        | "                       | Thu 17 | Inverness                                              |
| Sun 28      | Merritt             | Sun 25      | "                   |               | <b>Quebec</b>           | Fri 18 | Cheticamp                                              |
| Mon 29      | Kamloops            | Mon 26      | Prawda              | Sat 22        | Carillon Pr. Pk         | Sat 19 | Dingwall                                               |
| Tue 30      | "                   |             | <b>Ontario</b>      | Sun 23        | Montreal                | Sun 20 | Ingonish Beach                                         |
| Wed 31      | Barriere            | Tue 27      | Kenora              | Mon 24        | "                       | Mon 21 | Indian Brook                                           |
| <b>June</b> |                     | Wed 28      | Caliper Lake        | Tue 25        | "                       | Tue 22 | Louisbourg                                             |
| Thu 1       | Clearwater          |             | <b>U.S.A.</b>       | Wed 26        | Berthierville           | Wed 23 | "                                                      |
| Fri 2       | Blue River          | Thu 29      | International Falls | Thu 27        | Champlain               | Thu 24 | Marion Bridge                                          |
| Sat 3       | Valemount           | Fri 30      | Cook                | Fri 28        | Quebec City             | Fri 25 | Whycocomagh Pk                                         |
|             | <b>Alberta</b>      | <b>July</b> |                     | Sat 29        | "                       | Sat 26 | Linwood                                                |
| Sun 4       | Jasper              | Sat 1       | Duluth              | Sun 30        | "                       | Sun 27 | Antigonish                                             |
| Mon 5       | "                   | Sun 2       | "                   | Mon 31        | Baie Saint Paul         | Mon 28 | Sherbrooke                                             |
| Tues 6      | Wilcox Creek        | Mon 3       | Ashland             | <b>August</b> |                         | Tue 29 | Murphy Cove                                            |
| Wed 7       | Waterfowl Lake      | Tue 4       | Bruce Crossing      | Tue 1         | Tadoussac               | Wed 30 | Halifax                                                |
| Thu 8       | Banff               | Wed 5       | Marquette           | Wed 2         | Rimouski                | Thu 31 | "                                                      |
| Fri 9       | Calgary             | Thu 6       | Seney               | Thu 3         | Sayabec                 |        |                                                        |
| Sat 10      | "                   |             | <b>Ontario</b>      | Fri 4         | Causapsal               |        | <b>End of tour, unless anyone wants to cycle back.</b> |
| Sun 11      | Gleichen            | Fri 7       | Sault Ste. Marie    |               | <b>New Brunswick</b>    |        |                                                        |
| Mon 12      | Tillebrook          | Sat 8       | "                   | Sat 5         | Campbellton             |        |                                                        |
| Tue 13      | Medicine Hat        | Sun 9       | Bruce Mines         | Sun 6         | "                       |        |                                                        |
|             | <b>Saskatchewan</b> | Mon 10      | Spragge             | Mon 7         | Bathurst                |        |                                                        |
| Wed 14      | Maple Creek         | Tue 11      | Whitefish Falls     | Tue 8         | Kouchibouguac Pk        |        |                                                        |
| Thu 15      | Swift Currant       | Wed 12      | Miller Lake         | Wed 9         | Shediac                 |        |                                                        |
| Fri 16      | Besant              | Thu 13      | " "                 | Thu 10        | Cape Tormentine         |        |                                                        |
| Sat 17      | Milestone           | Fri 14      | Meaford             |               | <b>Prince Edward Is</b> |        |                                                        |
| Sun 18      | Weyburn             | Sat 15      | Elmvale             | Fri 11        | Summerside              |        |                                                        |
| Mon 19      | "                   | Sun 16      | Norland             | Sat 12        | Cavendish Beach         |        |                                                        |
| Tue 20      | Carlyle             |             |                     | Sun 13        | " "                     |        |                                                        |

# NEWSBRIEF

*The Cross Canada Cycle Tour Society*

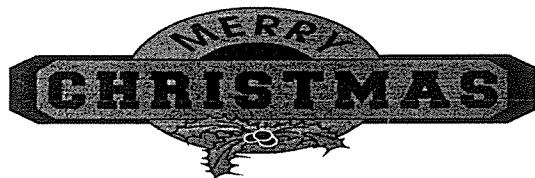
Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.  
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Vol. 16 No.11

Editor Rolf Petersen [rolf.p@home.com](mailto:rolf.p@home.com)

December 1999



## The New President's Report.

Mary Eickhoff

What a swell party that was! Eighty-five for dinner and dancing to Stan Lewis. Thanks to Carl Rorison and his cohorts. To our amazement we found out that after a lifetime of cynicism, we were wrong! There IS a REAL Santa Claus, who made the rounds to every table with treasured trinkets. Bless you, Santa, wherever you are; you've restored our innocence.

Also swell was the party we've had for the past two years with Dennis Parsons in the chair. First woman president of the second millennium... that was Dennis' line; Ted said it's time for someone from 'the other side.' Who could resist? ...acknowledging that I follow faintly in the footsteps of such powers as Grethe, Noreen, Eva... the list goes on. It is an honour and a privilege and I shall endeavor to continue the traditions of our illustrious past presidents; having such a strong team of directors should see us through. Wish me luck!

First on the agenda, is to heap praises on the team of directors who steered us through '98/'99 and to thank them on your behalf for their contributions of time, thought, and effort. We'll miss Barbara Hetzer, Bob Miller, Carl Rorison, and Glen Smith, who've had enough for now, and welcome new directors Sonja Bardati, Bruce McLean, Sally Svensson, and Ed Weinstein. We've got jobs lined up for them, as well as some role changes for the recycled ones as you'll see on page two. The new slate of directors was elected by sixty-six members who attended the AGM.

The wonderful tours of '99, starting with the Victoria picnic, Hub & Spoke, Mayne Island, Toppenish '99, Okanagan/West Kootenays, San Juan Islands, La Belle Quebec, Ottawa Hub & Spoke, Around Lake Ontario, Fraser Valley, Germany, and France, rate our applause. Take your bows please, starting with: the Victoria team; Theresia Keet; Dan & Jerry Baris; Dan McGuire\*; Bob Douglas; Lise Brooks\*/Marte Lambert\*/Renaud Prefontaine\*; Bill Augusteijn\*; Wayne Waardenburg\*; Max Bissegger; and Andre Milaire\*. The gift of their imagination and hours of hard work must be acknowledged with our cooperation and appreciation as participants. The rookies are starred for special attention for courage and give us fresh confidence. Our thanks also to Jantien & Ted Golsteyn for putting an Arizona tour on the calendar; maybe with a bit more notice it would have been a 'go'. Better luck next time.

You'll find the line-up for 2000 under Tours: Hawaii with Jim & Shirley Mae, New Zealand with Dennis, Sea to Sea with Horst and the gang, and we're eagerly anticipating more 'rumored of' proposals. By the way, who's coming out for the Millennium Century Ride from the Peace Arch to Fairhaven, leaving at 9:00 a.m. sharp, Saturday, January 1, 2000, from the Canada Customs parking (see details on page 2 ).

There has to be a down side... Following a review by Revenue Canada, we have been informed that we no longer qualify for charitable status, as they regard our activities as more those of a sport club than a charity group. As a result we will no longer be able to issue tax receipts for membership dues. If you were at the AGM some of the foregoing may seem repetitious as you'll have heard it there already, but we must be mindful that the majority of our members are at a distance and need to be considered and kept in touch.

On behalf of the '00 directors, warmest wishes to each and every member, for a sweet spin and happy holiday season. We'll be thinking of you getting together in Victoria, Calgary, Ottawa, and other far-away places for holiday parties and maybe cold rides. We know that some of us are more retired than others, but we're all family and that's what keeps us young and happy-faced!

# NEWSBRIEF

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 5<sup>th</sup> of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS.

Membership fees: Single \$ 25; Couples \$ 35.

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

## 2000 / 2001 DIRECTORS.

|                  |                 |              |
|------------------|-----------------|--------------|
| President        | Mary Eickhoff   | 604 535 2513 |
| Vice/Pres./Tours | Dan McGuire     | 604 942 3235 |
| Treasurer        | Bruce Mc Lean   | 604 272 9359 |
| Secretary        | Catherine Lynch | 604 543 0956 |
| Equipment        | Jim Jeffrey     | 604 943 0924 |
|                  | Ted Stubbs      | 604 321 2784 |
| Membership       | John Peck       | 604 538 0195 |
| Newsbrief        | Rolf Petersen   | 250 384 6804 |
| Office Manager   | Bob Douglas     | 604 435 3893 |
| Social Conv.     | Sally Svensson  | 604 987 3449 |

|               |                |              |
|---------------|----------------|--------------|
| The Island    | Dennis Parsons | 250 881 1170 |
| Tours Assist. | Barton Howes   | 250 378 0927 |
| Sea to Sea    | Horst Hees     | 250 389 1152 |
|               | Sonya Bardati  | 250 389 0091 |
|               | Ed. Weinstein  | 604 420 3158 |

### Club Contacts:

|              |                |              |
|--------------|----------------|--------------|
| Ottawa.....  | Garfield Clack | 613 729 9384 |
| Calgary..... | Zel Harvie     | 403 228 4934 |
| Club Jerseys | Andre Kaufmann | 604 581 3923 |

# First Ride.

Get in on the first ride of the first century of the second millennium. Jan 1, 2000. Start out right, on the seat of your bike, and log some klicks from the border to Fairhaven!

We leave at 9:00 a.m. sharp from the Peace Arch border crossing, in the open parking area across from the Canada Customs buildings (don't enter the duty free area). Plan to arrive by 8:45 am to allow for perchance a pit stop, nose-wipe, whatever; be organized for the 9 am sharp spin-off.

The scenic harbour drive in southwest Bellingham will lead us to Fairhaven, location of the Alaska Ferry terminal.

Last year the group divided at Birch Bay, with some doing the 'century' and others making the Ferndale loop. Whatever your appetite, let's put in the order for a good cycling day and hope the weatherman delivers.

**Contact Mary Eickhoff for further details; 604 535 2513**

## Membership Lottery.

Our office procedures are becoming bogged down by the necessity to remind members to pay their dues on time. Normally a notice and waiver is included with the Newsbrief in the month at the end of which a member's dues expire. Since the Newsbrief usually arrives before the middle of the month, one would think that there is time for the renewal cheque and waiver to arrive at the office before the month's end. However this is not what normally happens. Often we have to print and mail yet another reminder and waiver, and then yet another, and sometimes it has to be done three or four times. Not only is the club losing a little interest on the money, and is uncertain about who is really a member, but these late payments place a strain on our office volunteers and our printing resources.

The Directors have therefore agreed to encourage prompt payment by granting one free one-year membership at every AGM. The scheme is as follows: if your dues payment is entered on our computer before the date of expiry of your dues, your name is entered in a lottery list. At the Annual General Meeting, one name at random will be drawn from the list and that person (or couple) will get a free membership for one year.

So why not help us by taking a chance?

## Christmas Gift Suggestions.

The Club have about 20 CCCTS Jerseys in various sizes for sale. A very practical stocking stuffer  
Please contact: Andre Kaufmann 604 581 3923

For Sale: Bike Friday, New World Tourist  
This Folding Touring Bike comes complete with  
Suitcase. 21 Speed Sachs, 3 speed in Hub and 7 Ext.  
Rear Rack etc

This would look very nice under the tree and can be had  
for \$800

Please Contact: Rolf Petersen.

250 384 6804

## Biking perfection

One of the Most energy-efficient ways to get around may be a bicycle, not only because it uses pedal power but because its design ensures that a rider wastes very little energy, reports a team of engineers at Johns Hopkins University in Baltimore.

The team aimed an infrared camera at a computer-controlled bicycle drive train and detected waste energy in the form of heat being generated by friction as the chain moved through the sprockets of the bicycle's gears. To their surprise, the engineers found the chain drive had an energy-efficiency score of 98.6 per cent, meaning less than 2 per cent of the power used to turn the front sprocket was lost as heat.

Submitted by Dennis Parsons



# Picking Grapes along the Way

by Betty D.J.

AHHH Friends, if only you could see me in Germany. The smells, the sights, the tastes of Fairyland. "Die Mosel und Saar" through the vineyards and paths, gorging ourselves on grapes. Shaking wild fruit trees for plums, pears and apples. Over hills and dales, up and over, down and under. Trier and Muden, Cochem and Bernkastel, Limburg, Hann Muenden, I can't remember all the names. I was infatuated by a beautiful countryside, untouched, preserved; a journey into the celtic past, museums, castles. My childhood fantasies of the Brothers Grimm. When I arrived with the basic words in german written on my wrist! "Bahnhoff, Das Gepack, Die Gepack aus gabe, der gepacktrager, I spluttered, I spat, at the blue eyed blonde (a man of course) Porter. He laughed and spoke perfect English, but kindly corrected me and taught me. From the plane to the train station, he took over, up and down three elevators, a shuttle train, an elevator, a train ticket to Bingen, said goodbye. Well I mean, "alf isn't sane" (auf wiedersehendanke, bitte, hey! It was coming. I gave him some loose change, he was getting married, and a new Tooney for his firdt born. He was tickled pink. This is the warmth and kindness we had all the way. People putting themselves out and more. Which is what it is all about.

And now I have to comment on our driver, mechanic, supporter. A real hunk. He was always there. Always first. Always happy. He and Max and Fritz. What a team. What fun for all of us. Like Kurt, my front bicycle fork closed in transit. He pried them open with his hands to get the wheel on. The little notes from Max" your Room # is, sharing with Sim, from your fearless Tour Leader" Then Fritz shared his grapes, staying close by the slower ones. Don't get me wrong by the end we were all stronger and whizzing.

Only a couple of days of rain. We laughed, donned our 'Macs' and caught the train until it stopped; we hopped on boats too. My German language was coming along as long as I remembered to clear my throat on the C, H's and spit on the Z's I was OK. Handshakes speak a lot in Germany. Kissing for France

and in England? A dig with the elbow! One day as we cycled along the river we came across a little orchestra resting on the banks. We got off our saddles and rested with them. Requesting a tune "MELODIE" the accordion and violin struck up; we jigged and danced in joy around in circles. Then we pushed them off in their canoe. Down river they went playing "Auf Wiedersehen" as we cycled alongside on the path. It was so comrade, waving and singing.

Everyone by this time were getting familiar with each other, pairing, supporting, noting faults and gifts. Acceptance is most important and allowances. This makes the trip successful. As long as you let the leader know what you are doing, staying, joining or leaving to go on your own. It saves a lot of worry and looking around for. Grapevines strung across the street high up instead of washing was an intriguing sight. Castles up high in the hills with the climb to them. The biggest hill ever on Dans birthday; and those wooden blinds in the bedroom. Holding them up with a chair while we ducked under to hang our washing over the balcony, in and out six times before we found a hidden button and the bloody blinds flew up in the air! Eh Sim? Bakeries for the famous "Pflaume Kuchen": Sunflowers, The Marburg steps, 209 of them to the University Museum. The railroad barrier which almost beheaded Max and I. Songs by Ann and Choirs and Bands.

Then finally the boys packed me up and "The Bag Lady" was on her way to England. But not before I found out that the Airport Carts locked themselves to the escalators by letting the handle bar go; they stayed at the angle, rising or dipping with all your luggage and bike on them. And I thought all those Porters were using brute force to hold them on. HAH!

A toast to our wonderbar hosts, Max and Francis for a great tour and personally for me some of the most beautiful Countryside I've seen in my life. To our magnificent river, the Mountain Basher, Kurt. To Fritz for doing his Bitz! And to all my friends for "Making" my trip. I wish you more enjoyable cycling. Cheers, Danke Schoen, Bitte Schoen, Wiedersehen.

I wish I could sprechen sie Deutsch.

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## Arm, hand and body Positioning.

It is easier to do pushups with your hands shoulder width apart and under your shoulders. The same thing applies to your hand and arm position on a bicycle. If your handlebars are wider or narrower than your shoulders, you're muscles are working harder than they need to work in order to support your weight.

When you're arms are in front of you at right angles to your body, they are most able to support you when you're riding. Recreational riders are best fitted to their bikes when their bodies are leaning forward far enough to have their center of balance over the balls of their feet, and their hands and arms in a line straight up from their grips to their shoulder at a right angle to their chest. This does not mean riding with your elbows locked. Keep your arms relaxed and slightly flexed to absorb shocks.

A common problem among novice riders is a feeling that they are slipping forward off their saddles. They have to push them selves back from the handlebars onto the back of the saddle every two minutes. This can result in tired arms and sore behinds. There are two potential causes of this problem.

One is a saddle that is too wide. As the thighs come down for each pedal stroke they hit the sides of a wide saddle and force the hips forward onto the nose of the saddle. The other cause is handlebars that are too close to the saddle. It is not so much that you're moving back on the seat, but trying to move further from the bars. A longer handle bar stem is the best fix, but you can try moving the seat back as a quick option. Competitive riders like to have the handlebars lower and further forward. This reduces the wind drag and promotes more use of the gluteus muscles.

*By Ray Hall; nationally certified Can-Bike Instructor*

## Riding with Ray

## Be Prepared!

Sally Svensson.

In a conference room, in a hospital where I worked, hung a sign which read, "Success is not in reaching your destination, but in managing the journey."

How does one prepare, to best manage the journey of a tour like the Sea to Sea 2000?

Does one drink smoothies, fortified with spirulina to boost the immune system? Or regularly cycle 2000 ft. up Cypress Mountain or equivalent, for strength both inner and outer? Or take up meditation for a sense of peace and tranquility? All of the above may help, but are optional.

Here is my list of suggestions for essential considerations for participants.

1. Become so familiar with your bicycle, that it becomes an extension of yourself, much like skis feel at the end of a long ski season.
2. Be as physically fit as possible, with the emphasis on cycling to attain that level.
3. Cycle in adverse conditions, such as strong headwinds, rain, cold and heat and hills. (Make that mountains.)
4. Know the mental games you can play for those times you are out of your comfort zone. Like, "This is only temporary." and "I can do it."
5. Find the best clothing arrangement that works for you, to stay warm and dry.
6. Make sure your tent will keep the interior dry before you leave home. Trial your sleeping bag and mattress for comfort and warmth.
7. Resolve not to focus on the yo-yo syndrome of daily tent up, tent down. Instead know the morning hustle is necessary, and just a routine like brushing teeth.
8. Know that you are ultimately responsible for yourself and your equipment. But also enjoy the comfort in the knowledge that you are not alone, and others are there for support when needed.
9. Be glad that you can be of help and support to others.
10. Appreciate that each single day will be unique. It starts each morning with the unknown, which is the essence of adventure.
11. Focus on one day at a time, and make it the best day possible.
12. Everyone has different styles of cycling. Some wish to arise earlier and earlier, and arrive at the next campsite as soon as physically possible. Others like to stop along the way, to take photos, visit historical sites etc. On the ALOT trip, we sometimes had a quick swim after lunch, and felt cool and refreshed afterwards. Find the balance that is best for you.
13. We are so lucky to be healthy, and strong enough to make this epic trip.  
The bonds we form amongst the group, will continue long after the trip is over.
14. If we understand our own needs for personal space, and respect others, we can achieve a comfortable harmony.
15. We all have a role to play, and can contribute in a special way. We can support Horst, who has enthusiastically taken on the leadership, and we can support each other.  
I hope I can follow my own advice. I know I am tremendously looking forward to May 24th, and sharing all the adventures that follow.

## Attention adventurous cyclists:

I'm planning up to three years travel— some by bicycle, some not. I also would appreciate any information from those who have travelled/ridden the areas mentioned below or who can suggest information and or sources. Also looking for fellow cyclists to accompany me all or part. No high zoot hotels: Prefer camping, hostels or other modest lodging. Not interested in setting speed or distance records- prefer quality experiences over achievement. **Summer of 2000:** Alaska from Barrow south to Vancouver, BC; or Inuvik south to Vancouver, BC. Moderate distances, self-contained. Any ideas?

**2001 and later:** 1. South Britain north to Cape Wrath. Transit through sections of Europe.

2. Silk Route (which one, eh?) Turkey to China, by bike in part as is practical, avoiding areas that are not suitable for such a transit. Possible return to Europe via Trans-Siberian RR.

3. South America to Ushuaia & Cape Horn. Patagonia glaciers, peaks, fjords.

4. Other objectives to be determined; actual itineraries, departures, etc. influenced by political considerations, time geography, desires of participants. No photo shoots of Lop Nor, please.

I'd appreciate any information and suggestions you can provide.  
**YA WANNA COME?**

Dan Eaton 400 Melrose E. #203  
Seattle, WA 98102

Phone (206) 328-7379

## Spring Break?

After a spring break, a teacher asked her young pupils how they spent the holidays. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live here in a big brick house, but Grandpa got retarded and they moved to Arizona. Now they live in a place with a lot of other retarded people. They live in a tin box and have rocks painted green to look like grass. They ride around on big tricycles and wear name tags because they don't know who they are anymore. They go to a building called a wrecked Centre, but they must have got it fixed, because it is all right now. They play games and do exercises there, but they don't do them very well. There is a swimming pool too, but they jump up and down in it with their hats on. I guess they don't know how to swim. At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out. Then they go cruising in their golf carts. My Grandma used to bake cookies and stuff, but I guess she forgot how. Nobody there cooks, they just eat out. And they eat the same thing every night; Early Birds. Some of the people can't get past the man in the doll house to go out. So the ones who do get out bring food back to the wrecked Centre and call it pot luck. My Grandma says Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment I want to be the man in the doll house. Then I will let people out so they can visit their grandchildren.

Jerry Vernon.

# A CYCLING TOUR IN THE PERIGORD AND BORDEAUX REGIONS OF FRANCE

(Henry Miller's : "Heaven on Earth")

By Renaud Prefontaine, Ottawa

My wife Gayle and I had the opportunity to join 48 other cyclists for a tour in the Perigord and Bordeaux regions of France from 9 to 24 September 1999. The tour was organized by "Les voyages du Tour de l'Ile", a cycle touring organization from Montreal. Some may ask why a CCCTS member would join this tour when our own club was organizing one in Provence around the same time. There were two reasons. The first is that we had already done a two week cycling tour in Provence in September 98 with the same company and the second and most important reason is that this trip was "free". I was lucky enough to win the trip from Les voyages du Tour de l'Ile as a prize in a contest that was run during the 1998 "Le Grand Tour".

Le Grand Tour is a one week supported camping trip for some 2000 cyclists through various regions of Quebec. The company started tours to France in 1997 taking 100 cyclists. This year they reduced the groups to a more manageable 50. The European tours this year included: Loire and Brittany, Alsace, Burgundy, Provence, Perigord and Bordeaux and Tuscany in Italy..

## LOGISTICS

Accommodation is double occupancy in two and three star hotels (all with private bath rooms). The support is provided by a route specialist who patrols the daily route with a car equipped with a bike rack and provides assistance to stranded cyclists. There is also a truck with driver to carry the baggage from hotel to hotel (as well as wine bottles and packages which accumulate during the trip). In addition, two cyclists trained in first aid and bicycle repair ride with the participants and provide assistance as required. I even saw one replacing spokes on a rear wheel, cassette removed, in the pouring rain. All support personnel are Canadians. Cyclists are provided with a daily map with a suggested route, although the participants are free to modify the route if they so desire.

Departure is after breakfast which is served between 7:30 and 9:00.

All breakfasts are provided as part of the cost of the tour. The typical continental breakfast of croissant and bread is supplemented with cheeses, cold meats, cereal and sometimes eggs to provide extra proteins for cyclists. Bags have to be in the truck by 9:30. Lunch is not provided and is left to the cyclists to either go to restaurants ( minimum of 2 hour stop) or buy a baguette and cheese, pate or cold meats (and sometimes wine). You eat where and when you want. Evening meals are provided for six or seven of the evenings during the tour. Attempts are made to have all participants eat in the same restaurant which tend to serve regional dishes. No visits are organized during the day leaving cyclists to stop at their leisure. The daily route information sheet will include some of the major points of interest. Participants are advised to arrive at the destination hotel before dark.

Day 1 - The departure was Thursday evening from Montreal - Mirabel via Air Transat to Bordeaux arriving at noon on Friday 10 September. We were then bused to Cahors arriving at 5 p.m. Once checked in we had to un-box and assemble our bicycles making sure that the boxes were folded and loaded on the truck since they would remain there until the departure from Bordeaux on 24 September.

Day 2 - was an optional cycling tour in the Cahors area. Weather was sunny and hot (30 C). Along with another couple from Ottawa, we did a 60 km circuit - a little longer than anticipated.

Day 3 - was a 75 km trip from Cahors to Figeac along the Lot river (sunny and hot 30 C). The route was described as rolling terrain with a few hills. We followed a very scenic road that followed the Lot river, passing vineyards and farms and, as usual in Europe, a number of small villages. The main point of interest on this route was the village of St-Cirq-Lapopie- a medieval village built on the side of a cliff. Great photo opportunity approaching the village which overlooked the Lot river valley. Many of us missed the opportunity for a visit since the road into and through the village was a very steep hill. My intention was to come back into but we had long passed it by the time we got to the valley. No way we wanted to go back up a 12 to 16 % slope to visit tourist shops. It was then on to the closest boulangerie and charcuterie to buy lunch which we ate on someone's dock on the river. The few hills on arrival to Figeac were long and interesting. Figeac is a city of some 10,000 which had a prestigious past. Interesting XIII, XIV and XV century buildings. Dinner was included in the package - salad with duck gizzards and confit de canard (duck) as main meal.

Day 4 - was from Figeac to Rocamadour, a 62 km trip described as rolling terrain, flats and hilly. It was sunny and hot in morning, clouding over and cooling in the afternoon. The route started through a few vineyards at the changing to farms as we approached Rocamadour. The village is named after Saint-Amador (from the latin word "amotor" which means one who loves rock). Rocamadour is a well known pilgrimage site which reached its peak in the XIII century then decreased in importance during the French Revolution and regained prominence in the XIX century. The city is built on the side of a cliff with an Abby at the top. As far as I could see there was only one street. Elevators are now available for pilgrims and tourists to visit the cathedral and Abby. The later can also be reached from the top of the cliff as we discovered on our way out the next day.

Day 5. We woke up to rain and drizzle. We traveled from Rocamadour to Souillac, a 30 (or optional 64) km trip described as mountainous with rolling terrain. We opted for the 30 km trip since we spent part of the morning visiting the cathedral and the Abby. It was a long climb out of the valley from Rocamadour followed by some flats then a few more healthy climbs and descents through forests on the way to Souillac. It should be noted that almost all the roads in France are paved, even the single lane roads which we often used during this trip. Since this was the first day of rain, it was my day to have punctures - two on the rear tire during the morning and two on the front in the afternoon. We stopped for lunch at the village of Les Grottes de Lacave. This cave is 1.6 km long and features stalactites and stalagmites as well as ancient paintings. Being cold and wet, we did not visit the cave. Upon our arrival in Souillac, I went to the bike shop to replenish my supply of tubes and bought a folding tire as a precaution - it was required later during the trip. Dinner was included in the package - terrine de canard as an entry and duck for the main meal. ( continued Page 6 )

## A CYCLING TOUR (continued from Page 5 )

Day 6. Souillac to Sarlat. Rolling terrain and hilly of 60 kms along a route following the Dordogne river. Weather was cloudy with drizzle and the odd shower. The highlight of this day was a visit to the city of Domme. As with most of the cities we visited, Domme is located on top of a hill. A very interesting medieval village now taken over by tourists. Henry Miller described the scenery in this area of the Dordogne as the closest to heaven on earth. Tobacco farms and walnut groves were also an interesting aspect of this route. Dinner was not included in Sarlat - almost everyone headed for a steak house. We all had enough duck. Our hotel was a renovated convent inside the old city.

Day 7 (16 Sept ) Rest day in Sarlat. Foggy in the morning turning to sunny. The Perigord area is known for the production of pate de foie gras (liver pate) made from either geese or ducks. A tour was organized to visit a farm specializing in the production of foie gras, naturally, it was located at the top of a 10 km hill. An interesting visit although not really pleasant to see how the ducks are forced fed to develop enlarged livers. In addition to the use of the liver to make foie gras, the remainder of the duck is canned to make confit and terrine, nothing is wasted. During the afternoon I visited a car museum and Gayle wandered around the old city. It was also an opportunity to do some laundry - \$7.50 per washer load and \$1.50 for 15 minutes in the dryer.

Day 8 - Sarlat to Les Eyzies. Rolling terrain and slightly mountainous over 50 kms. Showers, drizzle and heavy rain. There were a few castles to visit along the Dordogne, even one dating from the XX century. However, the wet weather was not conducive to tourist activities. We took the shortest route to Les Eyzies arriving at 1:30 just in time for a late lunch. Les Eyzies is a small tourist village known as the capital of the Prehistoric era. Erosion over the centuries have left interesting caves on the cliff faces.

Day 9 - Rest day in Eyzies. An optional 54 km circuit to visit historic sites and caves. An interesting site was the cliff of La Roque Saint-Christophe which has house remains from the troglodyte era. This cliff side village was inhabited until the later part of the middle ages. Gayle and I also visited a castle in Losse, half of it is inhabited by the owners and the other half is for tourists. Very interesting XIII and XIV century furniture and architecture.

Day 10 - Les Eyzies to Bergerac. 65 Km of rolling terrain and some flats (very few as it turned out). Cloudy with showers. Had it not been for the poor visibility and drizzle, this would have been the most enjoyable day of the trip. We traveled on the "Cingle de Tremolet" which are the heights overlooking the Dordogne River. The panorama and scenery was something to behold even in the mist. An interesting part of this Sunday ride was that there was also an antique car rally following the same road. Over 100 antique cars designed before emission control. Some of them were not climbing the hills much faster than we were and belching clouds of black smoke - not always pleasant. However, the drivers were very kind.

Day 11 - Rest day with an optional tour of the vineyards around Bergerac. Cloudy with some sunny breaks. Some of you may associate this city with "Cyrano de Bergerac" - a famous gentleman with a long nose. There is apparently no relation between this famous character and the city although there is a statue of Cyrano in one of the squares which is there apparently to appease the tourists. A number of cyclists traveled to the chateau de Monbazillac which is one of the renowned wineries of this region. Gayle and I opted to catch up with the laundry and wander around the city. Fortunately for me and the bank account, most of the stores are closed on Mondays.

Day 12 - Bergerac to St-Emillion. 68 Km of flat terrain. Cloudy with sunny breaks - had to use the rain jackets a few times. Followed the Dordogne most of the day but in farmland and vineyards instead of forests and hills. Some interesting villages and because of the intermittent showers, we stopped for lunch in a small restaurant. Enjoyed the "Plat du Jour" which turned out to be a rabbit stew - a very enjoyable full course noon meal, and with only a few kilometres to go, one can indulge in a bottle of local wine. Arriving in St-Emillion, we were traveling from one vineyard to another. The harvest (vendage) was in progress with both traditional hand picking and mechanical - expensive equipment which beats the vines to collect the grapes. St-Emillion is a very interesting village which has a church that was excavated in the rock between the VIII and XII century. Another point of interest is that being situated in the heart of an important wine area, the village is the centre of a number of the well known wine merchants of France. We arrived early enough to wander around the streets and partake in a number of wine tastings.

Day 13 - St-Emillion to Bordeaux. 65 km of flats and rolling terrain - more vineyards and a few farms. The weather was sunny with cloudy periods. A visit had been organized at a farm which specialized in the growing of ancient or forgotten vegetables. The ones you no longer see on the market. The tour director had organized the visit for 10:30 stating that it was only one and a half hour of cycling time from St-Emillion. He forgot that all the hills for that day were before this vegetable farm. We had a very enjoyable visit at 12:30 !! The last 20 kms into Bordeaux were on a bicycle path. This made it easy to get into Bordeaux but rather uninteresting travel since we were in the trees most of the way. Finding our hotel in the middle of one of the largest cities of France was interesting! Reasonable map reading and speaking the native language does help. On arrival at the hotel we had to box the bikes for the return trip to Canada.

Day 14 - Bordeaux. Bikes were gone so we were left on our own to visit the city. Weather - Sunny. Many things to see in one day. Following our old habits we went to the tourist office and took a guided tour of the city. Very interesting.

Day 15 - Bus to the airport. Gayle and I took advantage of the free trip and had rented a car which we used to log 4500 km in the next two weeks as we visited Brittany, Normandy and Provence. We spent the last five days with a French couple we had met during our Tour de Provence in 1988. We then returned to Ottawa on October 12.

(This report is presented as a typical tour one can expect from a cycle touring company and as an interesting alternative for CCCTS members who are no longer interested in sleeping in tents or hostels during cycling tours. The cost of the Perigord trip with Les Tours de l'Île was \$2550 per person from Mirabel back to Mirabel (including bike transportation) for double occupancy. A knowledge of French to travel with this company is an asset. The guides speak English but the route description and handouts are all in French.

# CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable 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.
- Wear approved Helmet when cycling.

## Please note - when applying for Tours :

For information on specific tours contact tour co-ordinator.  
To register for tours call, write or fax the office.  
All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour. <

## Big Island of Hawaii.

( This tour is now full)

*Jan 18<sup>th</sup>. to Feb 1<sup>st</sup>.*

*Jim & Shirley Mae Jeffrey.  
Ph. (604)943- 0924 Fax. 2008*

Registration closed as we have 26 confirmed participants. Seats on Canada 3000 booked with \$100 deposit. Balance due and payable by Dec 1<sup>st</sup>. , to be paid directly to Marlin Travel, Ladner c/o Edie Johnston. Phone (604) 940-0600  
P.S. Members who requested Trip Cancellation (\$46/ticket) please forward to CCCTS office.

Accommodation Payment of \$860 due Dec 6<sup>th</sup>.

All participants should have paid the balance due on their Airline tickets and their accommodation payments to the office. Thanks. Accommodations are booked and itinerary as per November Newsbrief.

I'll be sending out an information package including John Peck's computerized daily itinerary/ guide maps, probably by the 1<sup>st</sup>.  
Week of January at the latest.

**Reminder-** Don't forget your extended Medical Coverage. If needed contact myself or Edie @ Marlin Travel (604) 940 0600. Hope you are looking forward to "Fun" hot sands, Palm trees and balmy breezes! (Plus a few hills).

## *New Zealand Tour.*

*Feb. 3.....42 days or 60.*

\$10 for incidental expenses.

***Dennis Parsons.***

Wendell, Theresa and Josie are going with me to New Zealand again and we would like to invite another 10 members to join us. The current attitude is that we buy a return ticket to Auckland and a one way to Christchurch. Lets share information on prices quoted by your agency. We will explore the city for a few days before heading south to Cromwell, then up the west coast and across the north to Picton. We can do this comfortably in 32 days.

With the time left; ferry to Wellington, train or bus to Rotorua, train, bus, cycle to Auckland. I want to then cycle on to 90 mile beach and to this end am prepared to be in NZ for 60 days.

New Zealand is an uncomplicated and friendly country and you should feel at ease in designing your own itinerary to match mine wherever it suits you. The time of year is equivalent to Aug./Sept here.

We travel self-contained, with or without a tent (there are hostels everywhere). If you want to learn something about hostels click on [www.backpack.co.nz/](http://www.backpack.co.nz/)

Contact me at [dovic@inetex.com](mailto:dovic@inetex.com) or 1 250 881 1170.

**Participants:** Dennis Parsons, Sharlene Lundal, Raynel Merness, Josie Zewiec, Berta Sen, William Augusteijn, Shirley Middleton, David Middleton.

## Sea to Sea 2000.

( See Nov. Newsbrief for itinerary)

**May - Aug;** Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24<sup>th</sup>. From Victoria (Mile 0), (May 25<sup>th</sup>. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug.31<sup>st</sup> 2000.

We have a solid group of cyclists going across Canada next year. You have all read your names in the Newsbrief. Some may be added from the waiting list. Hopefully no one needs to drop out for personal reasons. While I have met many of you and spoken to some more, we are basically a group of strangers when we first meet. What a great opportunity to choose, to design how we want to be with each other for the 100 days it will take us to roll across this country.

There are talents in each of us and some of these are hidden. Hidden maybe even to the possessor of that particular talent. What will bring those talents out of us maybe a quiet moment for one, some perceived pressure for another, the sense of being "Gypsies " for a while or something else may see it emerge. Whatever, I would like to be open to it when it shows up take pleasure in it and learn from it if I can.

Some of you have already told me of some wonderful ideas we could incorporate into our ride. We will discuss them when we meet and together decide which to use.

In the meantime I would appreciate receiving a little note from each of you, telling me about yourselves, your hopes and expectations for this tour, what you expect to get out of this tour and what you would like to bring to that party. Please also mention from where to where you expect to cycle. Since I do not have e-mail, please address your note to : Horst Hees, unit 212, 991 Cloverdale Ave., Victoria, B.C., Canada, V8X 2T5  
Just in case you missed reading the last Newsbrief, here are the names of those that have paid the required deposit of \$ 300.- by Nov. 1/99 and are therefor "The Going Group": Absher, JAN; Absher, Ken; Altenkirk, Brian; Brooks, Lise; Chang, Bosco; Den Boer, Peter; Eade, Ronald; Finken, Norcen; Fisher, Shirley; Flewelling, Dennis; Hees, Horst; Hoffman, Eric; Hoffmann Kathy; Horrocks, Jean ; Kennedy, Gordon; Kennedy, Rachele; Kennedy, Sonie; Lambert Marthe; Major, Louise; Murphy, Marilyn; Nicholas, Donna; Prefontaine, Renaud; Reid, Geraldine; Reid, James; Riggs, Brian; Schmidt, Ernie, Skinner, Bud; Smith, Arnold; Svensson, Sally; Ungrin, Ed; Vennos, Alec;

The balance of the estimated cost for the trip (3,000.-) is due as follows; \$1,000.- by March 1, 2000. \$1,000.- by April 1, 2000. The remainder up to the total by May 1, 2000.

Until March 2000 please read the news of this tour exclusively in the Newsbrief. After that I will communicate with you individually.

Do have a marvelous Holiday Season and keep up biking if you can. If you can't, we'll make it up as we go. Love, Horst

**P.S.** Some of you want to cycle only part way. Please let me know before the end of 1999 if that is your intention ?

Vancouver & Vicinity Weekly Rides.

**Sundays:**

**Vancouver** ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) The usual ride is to Steveston, but we occasionally try different destinations on the 2<sup>nd</sup> Sunday of each month.  
Contact Bob Douglas 435 3893.

**Tuesdays / Thursdays:**

**Ladner**- Meet at 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, 22<sup>nd</sup> and Marine Drive for different destinations each week.  
Contact Mel or Betty 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 :**

Sunday ..... Meet 9 am at Big Apple Bagels at the Saanich Plaza.  
Wednesday ...Meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152  
Rolf Petersen 250 384 6804

**Nanosee / Parksville:**

Meet 10 am at Nanosee Place, 2925 Northwest Bay Rd.  
Contact : Diana / Al Lifton 250 468 5696

Ottawa Weekly Rides.

Thursdays ~ For details Contact : Garfield Clack 613 729 9384  
Bobbie Redmond 613 225 5058  
Gerry Sutherland 613 828 9502

Calgary Weekly Rides

With the "Elbow Valley Easy Riders".  
Their rides are on Tuesday and Thursdays, Apr 15<sup>th</sup> to Oct 15<sup>th</sup>.  
If traveling through Calgary and interested in cycling with this group.

Contact: Joan Engman 403 288 7910

**CYCLE TOURING QUESTIONNAIRE** The club is interested in knowing your views and preferences for cycle touring. Please mark with a check, or better yet use H, M, or L to show high, medium, or low interest or preference. Or if you would like to add more comments please send them on a separate sheet, they will be most welcome; thanks.

**Types of Tour You Would Be Interested In**

- Day rides in city of residence ( )      Hub and Spoke ( )
- Travel self-contained, carry all own gear ( )
- Travel with Support vehicle ( )
- Travel in Canada    Travel in USA ( )
- Foreign Travel; List countries of interest

**Accommodation**

- Camping ( )    Hotel / Motel ( )      Hostel ( )

**Length of Tour**

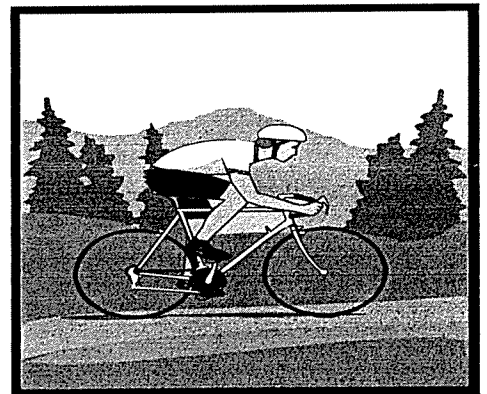
- 1-2 Week ( )    1-2 Month ( )    Extended period ( )

**Items of Importance**

- Cost ( )      Information available ( )    Sight seeing ( )
- Daily distance ( )    Schedule ( )    Size of Group ( )

If you are willing to help, please indicate the type of tours you would like to work with us on .....

**NAME** (please print) .....



Please clip out and return your response to the CCCTS Office or to: Dan McGuire; 25-3397 Hastings Street; Port Coquitlam, BC V3B 4M8  
Ph 604-942-3235; Fax 604-944-6533 e-mail: DanMcG@telus.net