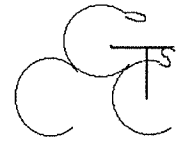
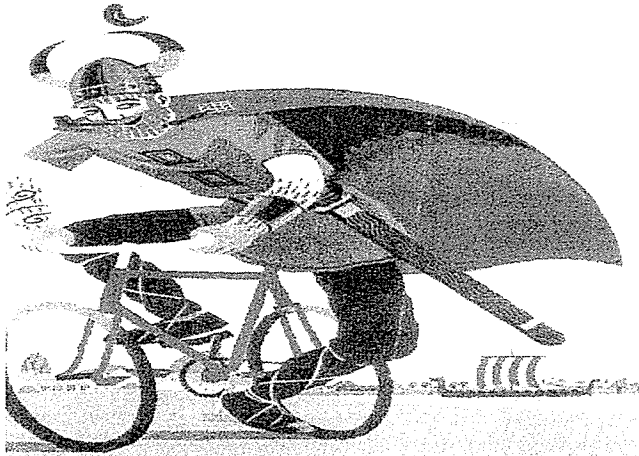


Newsbrief



January 2001 Volume 18. Number 1.

The Cross Canada Cycle Tour Society



President's Report. 2001!

Rolf Petersen

A lot of our members celebrated (or cleared their heads) New Years day, by doing what cyclists do and went for the first CCCTS club ride of the year with their fellow members. This year there were three that I know of, and I am sure there were others, who just got in the saddle and went? We had a ride in Vancouver; the Parksville ride, with a good turn-out of 20 cyclists (some even came from Comox and Nanaimo) led by Charlie Finnigan and the Victoria ride also well attended by 15 riders, organized by the Bardattis' and Hans Klein. It was fortunate in that the weather co-operated and every one had a good time. To club members who couldn't make it due to illness such as Barbara Faulkner and Sonja Joos; we wish you a speedy recovery and hope to see you back cycling really soon.

You might wonder about the picture in the Presidents report. In keeping with tradition (last two terms anyway), we publish a picture of the incoming President, so people will recognize him or her when they meet. I thought this was a very fitting self-portrait in that it also tells you a little about my past.

This issue of the Newsbrief contains a complete up to date CCCTS membership list published annually. This is for your information only, in case you later decide to contact a long lost friend in the club, or decide to get together in your area and find a cycling buddy. As of the beginning of this year we topped the 500 mark.

We are a touring club and in order to accommodate that many people we have to have something to offer!

The selection this year is greater than ever. It's up to you to get your names in, and when you do; please follow the rules for

registration as outlined under "CCCTS TOURS". Some of the tours' write-ups have requests for deposits on registration. Please honour these requests. The Tour organizer has to plan, make deposits etc. If a tour is oversubscribed this could make a difference.

Max Bissegger has agreed to organize a second Danube Tour if the numbers warrant it. Read about it on the last page.

Added to the tour list this month: Gabriola Circuit an island tour lead by Art Borron. Pick a Pack, Back to Back, do one do all, three tours in the interior. North Okanagan Hub; Grand Forks Hub, Pend D'Oreille Hub, lead by Dan McGuire, Glen Smith and Leila Montgomery respectively.

What are you waiting for?

Sign up now and get TOURING!

Ladner Christmas Party

By E. Folk

They all gathered at Katryn Geronimus's Twawassen home. Some of the more hardy rode their bicycles even though it was cold and damp. Everybody arrived full of Christmas Spirit and, being cyclists, very hungry. Al, the founder of the feast arrived, smiling and wearing a Santa hat. Thanks to Shirley, Joan, Dorothy and Val there was a table loaded with fine food.

First we toasted this wonderful season with fruit juice and wine, and then all fell to eating. When everyone had enough, we all relaxed in the living room. Al drew numbers and everyone came in an orderly fashion and picked a present from the basket. Everybody was happy with their gift.

What a great party!

We are so grateful to Al for providing the feast and to Katryn for lending us her home and to the helpers who did the work. And finally to Marten who, after everyone had gone, pulled out the vacuum cleaner and cleaned up the house.

New Year's Day, 2001 Century.

Mary Eickhoff

Cyclists and "Polar Bear swimmers couldn't have asked for a more perfect day. It was just a fantastically beautiful day," raved swim co-chairman Don Miller about White Rock's 31st annual Polar Bear Swim, while a few clicks east, thirteen CCCTS members were echoing those sentiments as they passed through the Peace Arch border crossing on their way south. Some dropped in on Lee and Ken Kraft for coffee and New Year's kisses, others headed south to Fairhaven to log a century ride on this first, fabulous day of 2001. Thanks for your company everyone... mark the date now: Same time, same place,

2002!

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 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit to Office or Editors E-mail: rolf.p@home.com

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

For Further information Contact:
THE CROSS CANADA CYCLE TOUR SOCIETY.
6943 Antrim Avenue, Burnaby, BC V5J 4M5

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Club Jerseys/Equipment/Tours
Shirley Fisher 604 255 0087

CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

JANUARY 25 th to Feb. 8 th Hawaii tour	JULY 9 th - 13 th Gabriola Circuit 25 th to Aug 1 st Vancouver Island's West Coast
FEBRUARY MARCH	AUGUST 11 th -19 th North Okanagan 20 th -23 rd Grand Forks 24 th -31 st Pend D'Oreille
APRIL 18 th Spring Social, Picnic 19 th Ladner lighthouse loop	SEPTEMBER 7 th to 29 th Danube Bike Trip
MAY 7 th Victoria Picnic 7 th to 10 th Victoria Hub & Spoke 14 th to 24 th Columbia river tour	OCTOBER NOVEMBER DECEMBER
JUNE 1 st to 4 th Victoria to Comox tour 5 th to 8 th Comox Valley H & S	

New CCCTS Members

Brunel, Gerard	11206 Kingcome Ave., Richmond, BC, V7A 4W9. 604-241-0756
Kan Marilyn	Box 1940, Jasper, AB, T0E 1E0. 780-852-3009
Paquette, Yves & Madeleine	6032 Vineyard Dr. Orleans, ON., K1C 2M5. 613-830-2669
Reis, Clive & Ronit	222B St. Charles St., Victoria, BC, V8S 3M7. 250-592-1315
Salamation, Gene & Gerry	4035 Hollydene Plc., Victoria, BC, V8N 3Z8 250-477-1412

Mail Box.

Congratulations to Ian and Pat Cassie: They celebrated 50 years of married bliss on December 29th. Present were their children, Grandchildren and friends.

Cathy Lynch

Wanted

2 - Road/Touring Bikes.

If you have a used, but good quality bike for sale, please call me
Gordon Kennedy 604 937 7072

Hello Everybody,

My name is Grethe Winkler from White Rock, BC
Now that I have reached the age of retirement I would like to say thank you to all my wonderful fellow cyclists for your years of friendship and helpfulness to me and my husband Tage.
We will forever treasure the memories. Thanks everybody.
Tage & Grethe Winckler.

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 who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of tour or names for membership**". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS INFORMATION Guidelines.

Hawaii 2001

Date: Jan. 25th - Feb. 8th. Chris Siggers 604 291 1018
csiggers@telus.net

Max. Participants 24 Fritz Niebisch 604 588 2408
Cost: Approximately \$1600 Cdn. (incl. Accommodation, airfare and support vehicle but excl. meals). Deposit \$100 with application, balance of airfare (\$615) due 5th December, Balance of tour cost \$885 due 1st January. At this writing, 2nd January, 23 participants have committed to this tour. If anyone is interested, we can accommodate one additional person. Please contact Edie at Marlin Travel (940-0600) to arrange for airfare, etc. and forward your cheque for the balance to the office ASAP. A minivan will be picked up at Kona and enough people have volunteered so that none will have to drive more than a single day. All drivers will have to sign the rental contract with Dollar Rentals. **Participants:** Chris Siggers, Diana Keith, Johannes Klein, Bob Douglas, Dora Ellis, Jacquie Hunt, Dan Kennedy, Fritz Niebisch, Ray Wilkinson, Kathy Wilkinson, Bob Helms, Catherine Lynch, Anne-Marie Labourdette, Barb Weins, George Brandsma, Mary Brandsma, John Peck, Jim Burnett, Ken Kraft, Lee Kraft, Ron Graham, Carl Rorison, Pablo Bleiker

Victoria Hub & Spoke.

May 7-10

Itinerary to follow Roberto Bardati 250-389-0091
Participants: Roberto Bardati, Diana Lifton, Fern Sule

Victoria to Comox.

Jun. 1-4

Hans Klein 250-477-1493

A self-supported pay as you go Camping tour taking you Up-Island on the scenic back roads; over nighting at Crofton, Nanaimo, Qualicum and joining the Comox Valley Hub & Spoke tour.

Participants: Johannes Klein, Dave Darts, Vickie Darts, Sonya Bardati, Roberto Bardati, Hordt Hees, Diana Lifton, Fern Sule

Comox Valley Hub & Spoke.

Jun. 5 - 8

Gladys Schmidt 250-338-8955
Dora Ellis 250-338-9751
Sara Kirkby 250-598-5405

Registration Fee \$ 10
Style: Tent, RV or Motel.

Tour: The Comox Valley on beautiful Vancouver Island, The Islands, The Trails - Seafood Dinner and Lunch by the Harbour.
Itinerary to follow in later issue.

Participants: Gladys Schmidt, Dora Ellis, Margaret Fyfe, Wendell Green, Theresa Green, Wayne Waardenburg, George Brandsma, Mary Brandsma, Adrian Thompson, Dan McGuire, Sylvia Mather, Diana Lifton, Bryan Riggs, Edward Weinstein, Jackie Weinstein, Dave Darts, Vickie Darts, Max Bissegger, Frances Bissegger, Christina Radnai, Robert McInnes, Betty McInnes, Sara Kirby, Leila Montgomery, Jack Sheppard, David Brooks, Bruce McLean,

Columbia River Dam Tour.

Date: May 14-24

Dan Baris 509-865-2315

danbaris@earthlink.net

Ian Polley 604-531-6955

Max. Participants 30

Cost Estimate \$500 Can. Deposit \$30

Balance of \$570 due April 10

Total distance 640 km (longest day 88km)

A repeat of ride made several years ago with vehicle supported camping plus two nights in a motel.

The Tour starts in the evening of the 14th in a motel at Orville, WA and to Omak, Coulee Dam, Steamboat Rock, down the Grand Coulee to Ephrata, to the Columbia River and a night at a motel in Wenatchee, Chelan with a day boat ride to Stehiken and back, Bridgeport, Omak, and return to Orville. The route crosses or passes 6 dams. The fee covers all but a few meals.

Participants: Daniel Baris, Jerry Baris, Dan McGuire, Bryan Riggs, Glen Smith, Jan Johnson, William Hook, Barbara Faulkner, Gordon Kennedy, Adrian Thompson, Jantien Goldsteyn, Ted Goldsteyn, Ian Polley

Gabriola Circuit.

New Tour

July 9th 13th

Art Borron (250) 652 5990

Email artborron@home.com

Self contained Camping tour - pay as you go.

Day 1. Victoria, Brentwood Bay Ferry to Mill Bay to Crofton

Day 2. Crofton to Nanaimo. Day 3. Circuit of Gabriola & return to Nanaimo Campsite. Day 4. Return Home.

Each person responsible for own expenses; Camp grounds, meals, ferries, etc.

Itinerary will be provided to registered Applicants.

Vancouver Island's West Coast.

New Tour.

Date: July 25th - August 1st

Diana Lifton (250) 468-5696

Max. Participants 20

Email Lifton@home.com

Deposit required \$ 35 (non refundable unless replacement found)

Fully loaded tour of 30 to 50 km per day.

Fully loaded camping tour (no motor vehicles, no B&Bs or motels) is proposed starting in Nanaimo. First night and planning session at Rath Trevor Provincial Park, Parksville (35km). Bike along Highway 4A to Port Alberni (Dry Creek Campsite) (50 km). Lady Rose ferry to Ucluelet, bike to Bella Pacifica Campground (3 km south of Tofino) (38km). Three nights on ocean front—white sandy beaches. Return to Ucluelet (38km), Lady Rose to Port Alberni, bike to Rath Trevor Park in Parksville (50 km), bike to ferry (Departure Bay 35 km—Duke Point 45 km)

(Continued next page)

(Vancouver Island continued)

Deposit required for reservations on Lady Rose(\$15), Bella Pacifica Campground(\$20). Each person responsible for their own meals. Restaurants at Botanical Gardens (15 min. walk) and Tofino(3km).

Dates have been planned to take advantage of the Monday to Thursday free ride for Seniors on B.C. ferries; \$3 bicycle charge.

Participants: Diana Lifton, Keith Clothier, Sharlane Fossum, Tom Smith, Katherine Hinman, Rolf Petersen, Sally Petersen

3 New tours

North Okanagan Hub & Spoke: 11-19 August 2001

Dan McGuire - 604-942-3235; danmcg@smarrt.com

A camping centred Hub & Spoke from Kelowna for four nights, then a move by bicycle to Enderbee for four nights, then a return by bike to Kelowna for one night. Cycle tours in the rural Okanagan Valley, vineyards and wineries, the Kettle Valley Railway, the Shuswap. Motels and restaurants nearby to campsites.

Participants - no limit; Costs: TBA, user pay.

Grand Forks Hub & Spoke: 20-23 August 2001

Glen Smith - 604-521-1007; gsmith@smarrt.com

A camping centred Hub & Spoke from Grand Forks for four nights. Motels and restaurants nearby. Cycle tours in the rural Kettle and Granby River Valleys, and Border Country, Doukhobor and Pioneer museums and cultural centres.

Participants - no limit; Costs: TBA, user pay.

Pend D'Oreille Hub & Spoke 24-31 Aug 2001

Leila Montgomery - 604-945-6891; LeilaJack@aol.com

A camping centred Hub & Spoke from Newport WA in the Pend D'Oreille river valley for seven nights. Motels and restaurants nearby. Cycle tours in the NE Washington and NW Idaho valleys and forests.

Participants - no limit; Costs: TBA, user pay.

Danube Bike Trip.

Date: September 7th - 29th Max Bissegger 604-536-3202

Max. Participants 19

Cost Estimate \$ 1800

Non refundable deposit \$ 100 with application \$1000 required by April 1st
Balance of \$700 paid by July 31st

This will pay for B&B, maps and a support vehicle.

All other costs (Airfare, Train transport, dinners and other expenses) are the responsibility of the individual tour participant.

The tour will start tentatively in Donaueschingen Sept 7th and end in Budapest Sept. 29th

For more info. Contact: Max Bissegger 604-536-3202, Dan McGuire 604-942-3235 or Fritz Niebisch 604-588-2408

Please register at CCCTS office with deposit.

List of applicants will be published in February issue of NEWSBRIEF.

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we 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 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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

Victoria.

Sundays - 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - 9 am at **The New Blenkinsop Trestle** or

10 am at McDonald's, Pat Bay Highway 17.

Contact:Roberto Bardati 389-0091

Nanoose/Parksville.

Thursdays - 10 am at Nanoose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays- 10 am at Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955 or Dora Ellis 338-9751

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES (No rides to Spring 2001)

Contact Peter Baron 250 372 8392

Update on the Danube Bike Trip

As of today there are 39 participants registered for this trip, most have paid their deposit. As a group I will take 19 people, all the rest are on the waiting list.

A second group, a day apart, has been approved by the directors at the January 4th meeting. We have some volunteers willing to help lead a second group of 19 people.

At present the daily distances have been set for Germany and Austria, and we are working on the B & B for each of the chosen overnight stops in these countries.

As for Hungary the route has been discussed and chosen, and we are waiting for more information and advice.

We have done quite a bit of work on paper and the internet in preparation for the tour. It promises to be a super bike tour.

Thank you for the interest.

Max Bissegger, Dan McGuire, Fritz Niebisch.

Newsbrief



February 2001 Volume 18. Number 2.

The Cross Canada Cycle Tour Society

President's Report.

Rolf Petersen

One of the issues at the last Directors Meeting was telephone messages left on the answering machine in the office. Many members and non-members phone and leave requests for information about your club, tour bookings and other information. Unfortunately in many cases these messages are unintelligible to our office volunteers and are basically lost. If you have to leave a message on the Machine please speak clearly and slowly, " Full Name, telephone # reason for call and repeat telephone# ". We will also be adding a Call Display function as a back-up.

As your representative I attended a meeting of a newly formed body to help define the issues and problems facing cyclists in British Columbia. The Provincial Advisory Cycling Committee (PACC) will bring together public and private sectors through the participation Ministry of Transportation and Highways (MoTH), local government, cycling coalitions and other groups interested in addressing the concerns of cyclists.

For a starter there will soon be a signed and safer route from the Tsawassen Ferry terminal to the shuttle pick-up point for the George Massey Tunnel going into Vancouver. Right now the Shuttle only runs from mid May till the Labour Day Weekend and is hoped this can be expanded to a year round service. Failing this using the bus (only space for two bicycles) at no cost since the fare on the bus is really a form of a toll, since there is no alternative for a cyclist. Ken Wuschke of The Vancouver Area Cycling Coalition brought several problems in the Greater Vancouver area to the attention of PACC and we hope for results. Your permanent CCCTS representative on this committee is Dennis Parsons 250 881 1170 Email <dovic@inetex.com>.

We have recently expanded our equipment storage next to the office and a thanks go out to the construction team consisting of Jim Jeffrey, Bruce MacLean and Carl Rorison.

Please note the expanded write-up complete with itineraries for several of the tours. These are keepers and will not be repeated in future Newsbriefs. Max Bisseger now has two tours in place so please read and act on his request. The Columbia River Dam Tour still has room for more participants. You will be missing out on a great cycling tour through some of the best scenery in Washington State.



Happy Touring !

Arizona Memories.

By Jenny Cookson.

Arizona seems like a far away place as I sit in my daughter and son-in-laws' cottage in the wilds of Quebec on New Years Eve. The blue jays and evening grosbeaks are maneuvering aggressively for a place at the bird feeder. A gentle snow is falling over the lake and a beautiful stillness surround us all. The temperature is a balmy -6, not much colder than some mornings when we started out on our bikes and like the birds puffing out their feathers we layered our clothes and donned ear muffs and mittens!

There are a few things I will not forget about Arizona . The sore-left nostril constantly wiped on rough gloves catching the drips on those cool mornings. Checking the shorts after a brief jaunt into the desert. Oh! Those Thorns. Losing ones way and using the so-called universal sign for help. Hands on top of head. Got results though didn't it, Mary and Barbara ! Although it was lost on the local Fire Dept. truck inhabitants.

Now about the trip into Mexico where I will never forget being addressed this way. "Hey Barbie - Barbie you wanna buy viagra?" Then the routine of buying booze walking back into Mexico and out through customs.

So many good memories of good compatible cycling buddies. Thank you for making it a special trip for me. Lastly I wish to send three verbal bouquets to Bernice, Barbara and John for their superb efforts in making the tour a success.

Happy New Year to you all. Good cycling to those still able to do it at this time of year. For me I'll be strapping on those cross country skis and take to the frozen lake.

Senior Games.

Fast Women Wanted !

"Zone 4 (Vancouver area) of the BC Seniors Games Society has, at times, had a good number of women cyclists participating. As coordinator for cycling in Zone 4, part of my responsibility is recruitment of cyclists for the Games.

I would like to extend a very warm invitation, especially to women, in the CCCTS, to consider participating in 2001. (Although in recent years we have had a full quota of men, they are, of course, invited as well to indicate their interest.) The Games will be held in Surrey in September 2001, and it would be wonderful to have a good representation from the distaff side of our cycling fraternity in the Vancouver area. Previous racing experience is not necessary.

I can be reached either by telephone: (604) 738-4378 or by e-mail: greneuf@interchange.ubc.ca
Eldo Neufeld, 4040 Blenheim St. Vancouver, BC V6L 2Y9

I would love to be inundated with requests for further information.

NEWSBRIEF

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Club Jerseys/Equipment/Tours
Shirley Fisher 604 255 0087

CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

FEBRUARY

8th Hawaii Tour completed.

MARCH

APRIL

18th Spring Social, Picnic

19th Ladner lighthouse loop

MAY

7th Victoria Picnic

7th to 10th Victoria Hub & Spoke

14th to 24th Columbia river tour

JUNE

1st to 4th Victoria to Comox tour

5th to 8th Comox Valley H & S

JULY

9th - 13th Gabriola Circuit

25th to Aug 1st

Vancouver Island's West Coast

AUGUST

11th -19th North Okanagan

20th -23rd Grand Forks

24th -31st Pend D'Oreille

SEPTEMBER

7th to 29th Danube Bike Trip

OCTOBER

NOVEMBER

DECEMBER

13th Victoria Christmas Dinner

New CCCTS Members

Patrick Buckley,

5660 Slick Rock Ct., Boulder, CO, USA, 80301-3551

Tel.303-530-6980

Mail Box.

Wanted

2 - Road/Touring Bikes.

If you have a used, but good quality bike for sale, please call me
Gordon Kennedy 604 937 7072

Touring Companions.

Victoria to Quebec.

Leaving June 15th. Anyone wishing to join us is welcome. We are basically motelling it, but we are bringing a tent in case there are no motels available.

Contact:

Roberto & SonyaBardati, 250-389-0091 <dockst@home.com>

New Zealand.

I would like to hear from anyone thinking of visiting New Zealand. I will be going again, either this month or next.

Contact DennisParsons at 250-881-1170 or <dovic@inetex.com>

Cascade Bicycle Club Events 2001.

Chilly Hilly... Feb. 25th Seattle International Bicycle Expo. Mar 30th Apr 1st

Bike to Work May 18th Seattle to Portland Classic Jul 7th - 8th

Seattle to Vancouver and Party (RSVP) Aug 10th - 11th

Ride Around Washington (RAW) Aug 19th - 24th

Kitsap Color Classic Oct. 7th

For more info contact: Mail: Cascade Bicycle Club or phone 206 522 3222

PO Box 15165

Seattle, WA 98115-0165

Touring Seminar.

The Vancouver Area Cycling Coalition and the Vancouver Bike Club are putting on a Touring Seminar to be held Saturday, March 24th at the Vancouver Racquets Club 33rd and Ontario in Vancouver.

The proposed Touring Seminar will be great for the novice and experienced cyclist. For the novice we will have knowledgeable cyclists on hand to answer their questions about food, equipment and places to go. Novice and experienced cyclists will enjoy the informative presentations about new equipment and the feature presentation slide show made by an experienced cyclist.

Cyclists will be greeted with free bike parking in the loading bay of the Vancouver Racquets Club. Volunteers will ensure participants their bike will be secure. Everyone is greeted, handed a schedule of events and a few copies of the Bicycle Equipment Checklist. Door prizes are on display beside the door and tickets are a reasonable price. Food and refreshments are available from the kitchen, a licensed bar is also onsite.

In one corner a mock campsite will be disassembled, packed up into panniers by a couple of experienced cycle campers who will explain the benefits of traveling with a friend to share the load, the different types of equipment, load balancing and any wild questions from the crowd. In another corner a bike maintenance guru will demonstrate a bike check, some easy repairs and suggest the right tools to take on cycling tours. Around the room a variety of individuals, groups and a few selected businesses will advertise themselves to the audience attracted by this high profile event.

The Ladner to Lighthouse Loops...

Thursday, April 19, 2001
100 K loop starts at 9:30 am; all others at 10 am.
Mary Eickhoff 604 535 2513 <eickhoff@vcn.bc.ca>

A repeat of last year's inaugural Century optional ride. Preregistration not required, but if you'd like to call the office and let us know you're 'taking a loop' and what distance you'd like to do, that would help in the planning. Your choice of loop ranges from (A) 35 K, (B) 55 K, (C) 75 K, (D) 100 K, all leaving from Ladner Community Centre parking lot, passing through the picnic area at Lighthouse Park, Point Roberts, and returning to Ladner Community Centre, but by different routes.

Plan now to attend the Spring Social on Wed Apr. 18th and 'get looped' the next day. Please call if you have hospitality to offer or require billeting. More info. in Mar & Apr Newsbriefs.

Navigate Trail online.

A website for The TC Trail has been launched by the B.C. Land use Co-ordination office.

Users can go to www.bctrail.bc.ca to view and print safety tips and rough reference maps of trail routes in the Interior. The site also contains information about nearby landmarks and some of the trail gateway communities including Greenwood, Penticton, Grand Forks, Kelowna and Princeton. When complete British Columbia's trail network will connect with the national 16,000 km Trans. Canada Trail.

Katryn The Great

By BDJ

There were 24 people at the Ladner birthday bash, which is held every 3rd Tuesday of the month.

We had one celebration "Katryn Jeronimus". Now I know Katryn from our New Zealand trip. We also celebrated her birthday there, with a candle stuck in a muffin early one morning. I can vouch say she is quite a lady from the quotes that follow. Little 3 years old Kat was placed in her mothers basket, the one on the bike of course! And she was obviously fascinated by the front wheel spinning and wanted to find out what pushed it.

So one day her father put her on a 2-wheel bicycle at the top of a hill, gave her a push and let go. Do you know she has never looked back since? That's why she rides with style looking ahead still fascinated by that front wheel and boy can she make it turn. Not long ago Katryn had her accident, we all get them sometime, and did that stop her no! She discovered the tandem and with 2 broken wrists in recovery and encouragement from "Pal Al" she threw a tantrum and jumped on the tandem and is still cycling. This has been over 60 years now. I credit her with 3 Gs: Generous - Gorgeous - Gung Ho - Geronimus. Katryns generous Xmas lunch party, her gorgeous ageless looks, her gung - ho with it laugh, and that's our Katryn Jeronimus.

The Internet

By Bill Hannan

Has a site carrying information on tours in Spain using reclaimed railway line. There are over 7000 km of such line now in Spain, some of which has never carried a train! About 800 km is currently being used for cycle touring, as part of the International Green ways Program. There are over 50 such Green ways ready or in use and the site carries full details on 13 day tour using 8 of them, including maps and detailed routing.

Web- site: www.ffe.es/viasverdes/route.htm

For those not yet fully "connected" and interested in cycling in Spain send me a note and I would be happy to mail the information.

Jesus is watching..... !

By Richard Gibbs

A burglar broke into a house one night. He shone his flashlight around, looking for valuables, and when he picked up a CD player to place in his sack, a strange, disembodied voice echoed from the dark saying "Jesus is watching you." He nearly jumped out of his skin, clicked his flashlight out and froze.

When he heard nothing more after a bit, he shook his head, clicked the light back on and began searching for more valuables. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard, "Jesus is watching you." Freaked out, he shone his light around frantically, looking for the voice.

Finally, in the corner of the room, his flashlight beam came to rest on a parrot. "Did you say that?" he hissed at the parrot. "Yep," the parrot confessed, "I'm just trying to warn you." The burglar relaxed. "Warn me, huh? Who are you?" "Moses," replied the bird. "Moses" the burglar laughed. "What kind of stupid people would name a parrot Moses?"

"Probably the same kind of people that would name their pit bull Jesus," the bird answered.

Baby it's Cold out....



HANDS

Not everyone live in "The Banana Belt" and as the weather turns colder, "finger gloves" replace Summer bike gloves. Those gloves are OK for temperatures over about 35 degrees F especially if they are insulated. At any lower temperatures, mittens are the order of the day. Like feet, hands are at the end of a long circulatory system. They need companions in order to keep odd digits from chilling. A wind proof shell can keep fingers warm and dry almost as well as that first pair of gloves will. When it gets colder, add wool glove liners (never cotton gloves!)

But for below freezing, nicely insulated big mittens are about all that will do the job. You won't find them in the bike shop. Get them from the ski shop. Claw mittens are handy, with friction palms. For really frigid conditions, nothing beats those huge mittens the arctic folks wear.

It's important to think about moisture accumulation inside mittens. A spare pair of glove liners, easily compressed in a pocket, will often make all the difference when the first pair gets soaked. As with torso clothing, a layered approach to hand covering works best. Wool glove liners inside a shell or inside mittens, for instance, lets you start out maybe over-warm, shed a layer, then add one later when the chill starts in. Try not letting your hands get cold enough to hurt; Getting them rewarmed is not easy. The big problem is under dressing. Start out warm!

HEAD

Regardless of a flourishing crop of hair, the scalp is a wonderful radiator. Wouldn't want the brain to overheat?! The first chore when it gets cool is to reduce the breeze up there. You can find a little polypropylene skullcap in the catalogues. It can cover your cold ears as well. And a helmet cover is next. When it gets really cold a balaclava is in order. You can find them in silk, polypropylene or wool. Here again, layering works (as long as both layers are really thin and fit OK under your helmet.) And you might think about carrying a dry balaclava to change if you're sweaty after any lull in the ride.

FEET

Feet are one of the first parts to suffer from the cold while cycling. They are a long way down the blood distribution system. They are whizzing around in the breeze, making a really thin boundary layer of cold air sucking out heat. Wearing extra layers of socks usually restricts blood flow to the feet, making matters worse.

At temperatures over about 30 degrees F a pair of lined booties over summer bike shoes may work. That cutout for Look or SPD style clips lets in considerable draft. If you have an oversized pair of shoes, you're in luck. You have room for an extra pair of wool or poly socks (no cotton!) and a chemical toe warmer. That may get you to about 20 degrees F. (The chemical warmer is a fine secret weapon. At about \$1 a pair, it will last for hours.) For most folks, booties over summer shoes just don't work at temperatures much below freezing.

TORSO

The object of good body covering is to block the breeze while allowing ventilation and keeping in just enough body heat. Working at varying effort levels sooner or later makes lots of sweat and much of your insulation is gone.

Layers are the answers. You should start out barely warm, remove a layer or two after a few miles if you warm up, and have a dry layer to add later if the chill attacks. Overdressing will cause you grief as you soon swim in sweat. Many thin layers will allow adjustment as needed. Think about having at least a dry undershirt to put on if you should stop for any length of time. That can prevent chilling while you sit, as well as nasty cold when your wet bod is again exposed to the cold wind.

Layer one is critical: have a wicking material like Cool Max next to your skin to keep moisture moving outward. Never a cotton t-shirt! The bottom half can be layered also. Just remember that the outer skin of your tights needs to be wind resistant but still allow ventilation. And don't forget that your crotch requires a serious wind block.

When cold weather approaches, try keeping a log for every successive colder ride. What about the temperature, precipitation, pace. What clothes did you wear and how did they work? Invaluable this season and next, as you try to decide what to put on today.

Check out Ice Bike, Winter cycling source on the web, for much more information.

CCCTS Tours

Participants: Page 5
Roberto Bardati, Fern Sule, Bruce McLean, Peter denBoer, Jo Hamilton, Edward
Weinstein, Jackie Weinstein, Horst Hees, Sonya Barsati Gordon Kennedy, Sonie
Kennedy, Wendy Pearson, Randy Fateux, Angela Fateux, Mary Eickhoff

Columbia River Dam Tour.

May 14th -24th

Our Tours are designed to fit the needs of both skilled and Novice cyclists; Researched, organized and led by experienced and committed volunteers who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of tour** or **names for membership**". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS INFORMATION Guidelines.

Tours 2001 Completed.

Hawaii 2001

Victoria Hub & Spoke.

May 7th -10th

Roberto Bardati 250-389-0091

Monday, May 7:

Victoria riders will meet the Ferry leaving Tsawwassen at 9.00 a.m. arriving at Swartz Bay 10.35 a.m. Cyclists will ride to the Annual Victoria Spring Picnic at Centennial Park in Saanichton. There will be a charge of \$5.00 for the picnic lunch. After the picnic, for those cyclists who have made previous arrangements for accommodation will be escorted.

All tours will start from "BIG AL'S BAGELS" in the Saanich Plaza, 9 a.m. unless otherwise noted.

Tuesday, May 8:

Tour #1: Shawnigan Lake tour: Leader Hans Klein
Cycle to Mill Bay Ferry then counter-clockwise tour of lake, Café lunch return to Mill Bay Ferry, 90 km.

Tour #2: City tour: Leader Bill Hook

A scenic ride past points of interest in Victoria area, Cafe lunch, 65 km.

Tour #3: Alternate City tour: Leader Dennis Parsons

Wednesday May 9:

Tour #1: Galloping Goose towards Sooke: Leader George Setterfield
A ride along the scenic Galloping Goose trail, past Matheson Lake, Roche Cove to Sooke, Pub lunch, 85 km.

Tour #2: Peninsula Ride: Leader Art Borron

A relaxing and fairly flat ride, lunch to be determined, 60 km.

Tour #3: Highlands: Leader Hans Klein

Hilly, very scenic, bring lunch, 40 km.

Thursday May 10:

Tour #1: Ride to Sidney : Leader Rolf Petersen
Via Interurban, West Saanich, Oldfield Rd, etc, Café Lunch, to Swartz Bay Ferry, 45 km

Tour #2: Ride to Sidney: Leader Horst Hees
via Galloping Goose and Lochside, Cafe lunch, to Swartz Bar Ferry, 35 km

Max. Participants 30
Cost Estimate \$500 Can. Deposit \$30
Balance of \$ 470 due April 10
Total distance 640 km (longest day 88 km)
A repeat of ride made several years ago with vehicle supported camping plus two nights in a motel.

The Tour starts in the evening of the 14th in a motel at Oroville , WA and to Omak, Coulee Dam, Steamboat Rock, down the Grand Coulee to Ephrata to the Columbia River and a night at a motel in Wenatchee, Chelan with a day boat ride to Stehiken and back, Bridgeport, Omak, and return to Oroville. The route crosses or passes 6 dams. The fee covers all but a few meals.

Participants: Daniel Baris, Jerry Baris, Bryan Riggs, Jan Johnson, William Hook, Barbara Faulkner, Gordon Kennedy, Adrian Thompson, Ian Polley, Ernie Schmidt, Bob Miller

Victoria to Comox.

Jun. 1st -4th

Hans Klein 250-477-1493

Total distance 220 km. Longest day 62 km.

A self-supportive (no support vehicle) pay as you go camping tour utilizing the Mill Bay ferry and taking you Up-Island on the scenic back roads

Day 1 Victoria to Crofton (60 Km)

Meet at Big Al's in the Saanich Plaza Shopping Centre. Proceed to Mill Bay ferry via Galloping Goose, Interurban Road, West Saanich Road, Wallace Drive, Hagan Road, Brentwood Drive. At Mill Bay, take Mill Bay Road to Highway 1 and proceed to Cobble Hill Road (second set of lights). Left on Cobble Hill Road to Cobble Hill. Have Lunch at Pub or proceed on to the intersection with the Highway. The intersection is a convenient place to have lunch - picnic tables etc. bring sandwiches or there is a nearby supermarket with a deli. Proceed via Cowichan Bay Road through Cowichan Bay (another possibility for lunch in one of the restaurants), Cowichan Bay road and Tzouhalem road. Right on Jaynes. Right on Lakes Road. Right on Herd. Left on Osborne Bay Road which becomes York Street. Right on Adelaide Street. Left on Queen Street. Right on Charlotte Street to Osborne Bay Resort. There are groceries and restaurants nearby.

Day 2 Crofton to Nanaimo south (48 km)

Through Chemainus (10km) via Crofton Road and Chemainus Road to Ladysmith (21km). Through Ladysmith. Right on Cedar Road. Take second crossing on Yellow Point Road (30.5 km) to Highway. The Crow and Gate is a possible lunch stop - turn back 2.5 km on Yellow Point Road. Follow Number 1 Highway to Maki Road (47km). Right on Maki to Living Forest Campground.

Day 3 Nanaimo to Qualicum (60 km)

Retrace your route on Maki Rd. back to highway. Follow the bike path next to Hwy. Left on Haliburton. Follow bike signs through Nanaimo. Take Hwy 1 to Nanoose. Northwest Bay Rd (20 km) turn left cross rail tracks left past Rec & Shopping Centre through Parksville (11 km). Follow Coast Rd. (Old Island Highway) through Qualicum to Riverside Campground (17 km)

Day 4 Qualicum to Courtenay (62 km)

Follow Coast road (Old Island Highway) through to Courtenay. Nice rest stop (Pub) by water at 39 km. The campground is on other side of Courtenay. You will enter Courtenay on Old Island Highway which is Cliffe Ave. Turn right at Fifth St. and cross Bridge. Proceed until you get to Headquarters Rd. Turn left. Maple Pool Campground is on Headquarters' on left side.

Participants: Johannes Klein, Dave Darts, Vickie Darts, Sonya Bardati, Roberta Bardati, Horst Hees, Diana Lifton, Fern Sule, Peter den Boer, Wendy Pearson, Jo Anne Hamilton, Bob McInnes, Betty McInnes, Randy Fateux, Angela Fateux, Mary Eickhoff

Comox Valley Hub & Spoke.

Jun. 5th - 8th

Gladys Schmidt 250-338-8955
Dora Ellis 250-338-9751
Sara Kirkby 250-598-5405

Registration Fee \$ 10

Style: Tent, RV or Motel.

Tour: The Comox Valley on beautiful Vancouver Island, The Islands, The Trails - Seafood Dinner and Lunch by the Harbour.

ACCOMMODATIONS:

Maple Pool Campsite, 4685 Headquarters Rd. Courtenay 338-9386
\$11.00 per tent, \$14.00 RV, \$16.00 full hookup, based on double occupancy

Best Western Collingwood Inn, 1675 Cliffe Ave.
1-800-663-7922

(Loft Room has 2 bedrooms and could sleep 8 people)
Travelodge, 2605 Cliffe Ave. Courtenay
334-4491

ITINERARY:

Tuesday, June 5:

Registration from 1-3 PM at Maple Pool Campsite

3 PM Welcome, announcements and "See our Valley" Tour Seafood dinner at the Schmidt's 2470 England Rd.

Wednesday, June 6:

Choice of two rides

(a) Denman and Hornby Islands. Lunch at the Thatch near Hornby Ferry terminal. We will be catching the 10 A.M. ferry. You have a choice of riding to Buckley Bay, a distance of 25 km, or transporting your bike. The distance of the ride on the two Islands 50-60 km.

(b) Country/ocean view ride. Lunch at the Griffin Pub. Ride back through Comox. Leave Maple Pool campsite 9:00 A.M. 50-60 km.

Thursday, June 7:

Choice of two rides as above

(c) Comox logging road/ Dove Creek back to Courtenay. Approx. 45 km. The others can have lunch in the Filberg Seniors lounge or somewhere downtown. The afternoon would be free to go to Courtenay Museum (home of Erasmiaurus), or drive to see forest folk art near Fanny Bay, or swim at the Aquatic Centre.

Friday, June 8:

Ride to Cumberland, Comox Lake, Royston. Buffet lunch at the Kingfisher Inn (\$8.50) Leave Maple Pool Campsite at 9:30. Short ride back to Courtenay. Total distance 40-50 km.

Saturday, June 9: Optional Ride

Ride to Campbell River with lunch in a restaurant there. 45 km one way. The new highway should be paved by then and there is a possibility that we could ride most of the distance to Campbell River on it. Please indicate at the time of registration if you wish to take part in this event.

Participants: Gladys Schmidt, Dora Ellis, Margaret Fyfe, Wendell Green, Theresa Green, Wayne Waardenburg, George Brandsma, Mary Brandsma, Adrian Thompson, Dan McGuire, Sylvia Mather, Diana Lifton, Bryan Riggs, Edward Weinstein, Jackie Weinstein, Dave Darts, Vickie Darts, Max Bissegger, Frances Bissegger, Christina Radnai, Robert McInnes, Betty McInnes, Sara Kirby, Leila Montgomery, Jack Sheppard, David Brooks, Bruce McLean, Brenda Borron, Art Borron, Wendy Pearson, Peter denBoer, Jo Hamilton, Roberto Bardati, Sonya Bardati, Kim Vogt, John Peck, Eva Folk, Horst Hees, Emmy Matte, Ness McCulley, Fern Sule, Randy Fauteux, Angela Fauteux, Mary Eickhoff

Gabriola Circuit.

July 9 - 13th

Art Borron (250) 652 5990
Email artborron@home.com

Self contained Camping Tour - pay as you go.

Day 1. Victoria, Brentwood Bay Ferry to Mill Bay to Crofton

Day 2. Crofton to Nanaimo. Day 3. Circuit of Gabriola & return to Nanaimo Campsite. Day 4. Return Home.

Each person responsible for own expenses; Camp grounds, meals, ferries, etc.

Itinerary will be provided to registered Applicants.

Participants: Art Borron, Sonie Kennedy, Gordon Kennedy

Vancouver Island's West Coast.

Page 6
July 25th - August 1st

Diana Lifton (250) 468-5696 Email Lifton@home.com

Max. Participants 20

Deposit required \$ 35 (non refundable unless replacement found)

Fully loaded tour of 30 to 50 km per day.

Fully loaded camping tour (no motor vehicles, no B&Bs or motels) is proposed starting in Nanaimo. First night and planning session at Rath Trevor Provincial Park, Parksville (35km). Bike along Highway 4A to Port Alberni (Dry Creek Campsite) (50 km). Lady Rose ferry to Ucluelet, bike to Bella Pacifica Campground (3 km south of Tofino) (38km). Three nights on ocean front white sandy beaches. Return to Ucluelet (38km). Lady Rose to Port Alberni, bike to Rath Trevor Park in Parksville (50 km), bike to ferry (Departure Bay 35 km - Duke Point 45 km)

Deposit required for reservations on Lady Rose (\$15), Bella Pacifica Campground (\$20). Each person responsible for their own meals. Restaurants at Botanical Gardens (15 min. walk) and Tofino (3km).

Dates have been planned to take advantage of the Monday to Thursday free ride for Seniors on B.C. ferries; \$3 bicycle charge.

Participants: Diana Lifton, Keith Clothier, Sharlane Fossum, Tom Smith, Katherine Hinman, Rolf Petersen, Sally Petersen, Brenda Borron, Art Borron, Edward Weinstein, Jackie Weinstein, Ray Wright, Laureen Morling, Randy Fauteux, Angela Fauteux, Jean MacDonald

North Okanagan Hub & Spoke:

August 11th - 19th

Dan McGuire - 604-942-3235; danmce@smarrt.com

Participants - no limit; Costs: TBA, user pay.

A camping centred Hub & Spoke from Kelowna for four nights, then a move by bicycle to Enderbee for four nights, then a return by bike to Kelowna for one night. Cycle tours in the rural Okanagan Valley, vineyards and wineries, the Kettle Valley Railway, the Shuswap Motels and restaurants nearby to campsites.

Participants: Dan McGuire, Josie Zewiec, Ray Wright, Laureen Morling, Art Borron, Brenda Borron, Brian Pollard, Myrna Pollard, Bob Miller, Jan Johnson, June Gallagher, Mary Eickhoff

Grand Forks Hub & Spoke:

August 20th - 23rd

Glen Smith - 604-521-1007; gsmith@smarrt.com

Registration Fee \$ 10

Other costs: User pay

Participants - no limit

A camping centered Hub & Spoke from Grand Forks for four nights. Motels and restaurants nearby. Cycle tours in the rural Kettle and Granby River Valleys, and Border Country, Doukhobor and Pioneer museums and cultural Centre.

In keeping with the less structured format of the Hub and Spoke tours, it will be the participants' responsibility to arrange and pay for their own accommodations and meals.

There is a Campground in the city park which has limited facilities. It is centrally located in the downtown area. There are RV sites, at \$18 a night (maximum 4 people per site). Bare camping, in a tent area, \$? per tent. The male and female washrooms consist of 6 heads and 2 showers. There is a swimming beach on the Kettle River within 100 meters of the campsite. The campsite is managed by the Grand Forks Chamber of Commerce, Attention Loretta Robinson.

7362-5th st., Grand Forks BC. PO Box 1086. Phone (250) 442-2833; e-mail <gfcchambe@sunshinecable.com> or fax (250) 442-5688:

Upon booking, mention that you are with the CCCTS tour and they will try to keep the group together. There are a limited number of RV sites. I would advise that reservations are made as early as possible as camping in the town is limited and quite popular.

If you are internet connected, check out this website <www.boundary.bc.ca> it has all the information re the area, maps and tourist information. Other website to look at is <http://www.dlcwest.com/~r.androsoff/links.htm> this web site has links to all the sites related to Doukhobor activities.

(Continued Page 7)

The two, closest motels are:
1. Riverside Motel
7351 Highway 3, Box 1027
Grand Forks, BC V0H 1H0
Phone: (250) 442-2259

2. Johnny's Motel
Box 876
7291 Highway 3,
Grand Forks, BC, V0H 1H0
Phone: (250) 442-8242, Fax: 442-0608

There is another campsite east of town on Hwy 3
Riviera R.V. Park & Campground
6331 Highway #3, East,
Grand Forks, BC, V0H 1H9
Phone: (250) 442-2159, Fax: 442-1299
Participants: Glen Smith, Josie Zewiec, Ray Wright, Lauren Morling, John Peck,
Brian Pollard, Myrna Pollard, Mary Eickhoff

Pend D'Oreille Hub & Spoke 24-31 Aug 2001
Leila Montgomery - 604-945-6891; LeilaJack@aol.com
A camping centred Hub & Spoke from Newport WA in the Pend D'Oreille
river valley for seven nights. Motels and restaurants nearby. Cycle tours
in the NE Washington and NW Idaho valleys and forests.
Participants - no limit; Costs: TBA, user pay.
Participants: Leila Montgomery, Ray Wright, Lauren Morling

Danube Bike Trip.

Date: September 7th - 29th Max Bisseger 604-536-3202
Max. Participants 19
Cost Estimate \$ 1800 Non refundable deposit \$ 100 with application;
\$500 by Feb 28th and the balance of \$1200 by April 30th
This will pay for B&B, maps and a support vehicle.
All other costs (Airfare, Train transport, dinners and other expenses) are
the responsibility of the individual tour participant.
For more info. Contact: Max Bisseger 604-536-3202, Dan McGuire 604-
942-3235 or Fritz Niebisch 604-588-2408
Group #1 will be led by Max Bisseger, leaving Donaueschingen Sept. 6th
ending in Budapest on September 28th
Group #2 will be led by Carl Rorison, leaving Donaueschingen Sept. 7th
ending in Budapest on September 29th

We added one more day of cycling to follow the Danube through
Slovakia, (apr. 30 KM?) into Hungary, and continue along the bike
trail and roads all the way to Budapest. There will be only 2 nights
in Budapest. That will be the end of the tour but you can stay longer
if you wish to do so !

**We also feel pressured to ask for part payment of \$500 by the
Feb. 28th. The balance of \$ 1200 due April 30th.** We have to make
early bookings for accommodation in a very busy tourist area, and
that requires cash deposits. Thanks for your understanding.

The following 39 members are participants of the tour:
Max and Frances Bissegger, Catherine Mick, Daniel and Jerry Baris,
Dan McGuire, June Gallagher, Bruce Ross, Bosco Chang, Margaret
Hunter, John Hickman, Barbara Wiens, Ron Graham, Anna Markus,
George Edmonds, Marthe Lambert, Ron and Janice Pickerill, Fritz
Niebisch, Mary Whyte, Corry Koster, Ted and Jantien Golsteyn,
Ness McCulley, Sara Kirkby, Harvie and Kitty Cocks, Sally
Svensson, Carl Rorison, Kenneth Hanna, Gene and Gerry
Salamation, Panko Ganchev, Anne Miller, Sylvia Mather, Linda
Bothwell, Barbara Hetzer, Sim Wee, Catherine Lynch.

On the waiting list: Jean Horrocks, John Cuthbertson, Don and
Maureen Holloway, Pat and Ted Stubbs, Sharlene Lundal, Josie
Zewiec, Frank and Alice Campbell, Barbara Forsyth, Bill and
Audrey Hannan.

Following is the conditional list of the towns and the daily
Kilometers we cycle. Donaueschingen to Friedingen, 50 KM,
Friedingen to Heborlingen, 60 KM, Heborlingen to Ehingen, 51
KM, Ehingen to Guenzburg, 63 KM, Guenzburg to Donauwoerth,
65 KM, Donauwoerth to Ingoldstadt, 64 KM, Ingoistadt to
Regensburg, 79 KM. Rest day in Regensburg. Regensburg to
Deggendorf, 90 KM, Deggendorf to Passau, 62 Km, Passau into
Austria to Ottensheim, 82 KM, Ottensheim to Grein an der Donau,

CCCTS MEMBERSHIP APPLICATION.

Date: _____ PLEASE PRINT Membership Fee: Single \$25
Year / Month / Day Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts):

Bicycling Experience: _____

Donau trip continued

65 KM, Grein an der Donau to Krems, 77 KM, Krems to Vienna, 74 KM. In Vienna 2 full days for sightseeing. Vienna to Hainburg 58 KM, from Hainburg we make a short detour in to Slovakia, and on in to Hungary to Moson Magyarovar, 65 KM, Moson Magyarovar to Gyor, 50 KM, Gyor to Tata, 60 KM, Tata to Esztergom, 55 KM, Esztergom to Budapest, 67 KM. In Budapest you will have 2 nights and then the tour is finished.

Reminder: You will need a valid Canadian or US Passport, now is a good time to renew your Passport if it is needed.

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we 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 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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

Victoria.

Sundays - 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - 9 am at **The New Blenkinsop Trestle** or
10 am at McDonald's, Pat Bay Highway 17.

Contact:Roberto Bardati 389-0091

Nanoose/Parksville.

Thursdays - 10 am at Nanoose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays- 10 am at Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955 or Dora Ellis 338-9751

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES (No rides to Spring 2001)

Contact Peter Baron 250 372 8392

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of Injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____

Newsbrief.



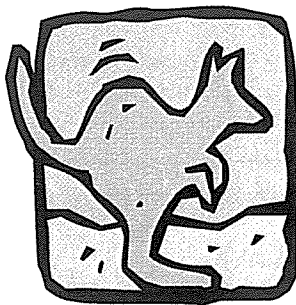
March 2001 Volume 18. Number 3.

The Cross Canada Cycle Tour Society

President's Report.

Rolf Petersen

The first Thursdays of the month some of us have to get up at 5 o'clock in the morning in order to catch the first ferry to the mainland. The Directors meeting starts at 9 am in the South Delta Church in Tsawwassen. We are met on the other side by one of our obliging fellow directors and driven to the meeting place. In the meantime of course the rest of the directors living on the mainland have to brave rush hour traffic, bridges and the Massey tunnel in order to get there.



I am writing this tale of woe (give me a break!) to justify the fact that I am going AWOL and skipping off to sunny Australia for a month. Looking out the window where the sun is shining bright and the temperature is in the teens I can honestly say there are other reasons for going "Down Under". No it's not the beer or meatpies, it's the people, and the wine. We will be going to the Barossa Valley for a Bike Friday (yes we have one of the little bikes that the airlines don't know about and travel free) re-union.

Speaking of airlines and bike transport! I will be writing to Air Canada to inquire if we can get out of paying for bike transport. In the mean time Canada 3000 seem to be the best bet (unless they by this time have changed their policy of accepting bicycles as part of your luggage allowance as long as it doesn't exceed the total allowable weight). It would be nice to get input from members about their experiences (good or bad) with various airlines in regards to bike transport.

In regards to the CCCTS tours; this year so far we have well over 200 participants signed up. Not bad for a club that depends entirely on volunteers to organize and co-ordinate your tours. Show them your appreciation by participation and if you have an idea for a tour we are always looking for new co-ordinators and fresh ideas. We are looking for members willing to co-ordinate the Arizona, Hawaii and Cross Canada tour in the future. **The Columbia River Dam tour** still has room for a few more participants. This is the only fully supported CCCTS tour (beside the Danube) so take advantage of it and cycle light.

Art Borron our Web-Weaver will be looking after the April issue of the Newsbrief. Please send him lots of stuff. While you are at it check his CCCTS web-site at www.vcn.bc.ca/cccts

SPRING SOCIAL

Mark your calendar for Wednesday, April 18th

PLACE: South Delta Recreation Centre

1720-56th Street, Tsawwassen

TIME; 11 a.m. to 1 p.m.

A donation of \$3.00 is requested for refreshments

Questions? Call your Events Manager

Sally Svensson (604)-987-3449

KNOW YOUR BIKE.

This workshop is offered to members in the Victoria area and deals with basic bicycle fundamentals. Contents will include such items as: buying a bike, basic tools, wheels, brakes, power train, derailleur, general maintenance and packing your bike for travel.

Instructors: G. Setterfield, H. Klein and Doc Watson.

Date of Workshop: Saturday, March 24, 2001, 9.00 a.m. to ?

Location: To be determined.

Limited registration: Call Roberto at 389-0091

Please come with a clean bike.

Bike Touring Seminar.

Date: Saturday Mar 24th. 11 am-4 pm

Place: Vancouver Racquets Club, 33rd & Ontario
(near Nat Bailey Stadium).

As a follow-up to the Touring Seminar item in the February Newsbrief, p. 3, this is to offer a little more CCCTS-related info. The event is organized and operated by the VACC and VBC, who have kindly invited our club among others to be represented. They have arranged for touring talks, slide presentations, camping and repair/maintenance demos, publicity, and tables for associated clubs like CCCTS and some commercial touring companies to set up displays. Shirley Fisher and I have volunteered to attend and 'woman' our spot, and invite any and all members to come by and join in. Sea to Sea 2000 albums, compiled by Bosco Chang, will be on display. Food and refreshments are available from the kitchen; A licensed bar is also on-site.

Mary Eickhoff

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 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit to Office or Editors E-mail: rolf.p@home.com

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

For Further information Contact:
THE CROSS CANADA CYCLE TOUR SOCIETY.
6943 Antrim Avenue, Burnaby, BC V5J 4M5

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

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CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

MARCH

APRIL

18th Spring Social, Picnic
19th Ladner lighthouse loop

MAY

7th Victoria Picnic
7th to 10th Victoria Hub & Spoke
14th to 24th Columbia river tour

JUNE

1st to 4th Victoria to Comox tour
5th to 8th Comox Valley H & S

JULY

9th - 13th Gabriola Circuit
25th to Aug 1st
Vancouver Island's West Coast

AUGUST

11th -19th North Okanagan
20th -23rd Grand Forks
24th -31st Pend D'Oreille

SEPTEMBER

7th to 29th Danube Bike Trip

OCTOBER

NOVEMBER

DECEMBER

13th Victoria Christmas Dinner

New CCCTS Members

Barnes Jefferson Massie & Patricia
402-145 Newcastle Ave., Nanaimo, BC V9S 4H7
Brok, Elly 5315 Wales Street, Vancouver, BC V5R 3M7
Campbell, Frank & Alice 9894 Le Clair Place, Victoria, BC V8X 4Y2
250-727-343
Horan Desmond 1450 West 37th Ave., Vancouver, BC V6M 1M3
604-266-4994
Massie Jefferson (see Barnes)
Parker Stan 2520 Jefferson St., Bellingham, WA, USA 98225
Purdie, James Spears & Jane
2820 West 12th Ave., Vancouver, BC V6K 2P9
Spears James (see Purdie)

The Ladner to Lighthouse Loops...

Thursday, April 19, 2001
100 K loop starts at 9:30 am; all others at 10 am.
Mary Eickhoff 604 535 2513 <eickhoff@vcn.bc.ca>

A repeat of last year's inaugural Century optional ride.
Preregistration not required, but if you'd like to call the office and let us know you're 'taking a loop' and what distance you'd like to do, that would help in the planning. Your choice of loop ranges from (A) 35 K, (B) 55 K, (C) 75 K, (D) 100 K, all leaving from Ladner Community Centre parking lot, passing through the picnic area at Lighthouse Park, Point Roberts, and returning to Ladner Community Centre, but by different routes.

Plan now to attend the Spring Social on Wed Apr. 18th and 'get looped' the next day. Please call if you have hospitality to offer or require billeting. More info. in Mar & Apr Newsbriefs.

Odds & Sods.

Here's 2 You !

Bison Transport.

Saw your drivers featured on CBC tonight and remind me of a job I've been meaning to do for some time.

"During the summer of 2000 I joined a group who cycled across Canada from here in Victoria to Halifax. I estimate we rode for about 500 hours in that time and dealt with thousands of trucks. WITHOUT EXCEPTION your drivers were far and away the most courteous people on the road. They always pulled as far to the left as they could to reduce wind buffeting for the cyclist and often slowed down to give us a break. More than once I felt your drivers operated in such a way that they placed their rigs so that the danger to me was kept to a minimum. It was noticed and I want you to know it was appreciated.

Too bad that CBC chose to feature a cyclist who was such a poor representative of the cycling community. I am certain that your drivers would quickly point out that other, occasionally less considerate motorists, are part of the traveling public and real professionals simply "deal with it!" Be assured - that this rider is part of a very small, and I hope, diminishing number of cyclists.

Please share this with as many of your drivers as possible. They're a real credit to your organization."

Thanks, Dennis Flewelling

Arizona 2000

Barbara Hetzer.

What a great bunch of people!

Again a very nice tour, coordinated by Bernice Gregory and John Peck. The weather was on the cool side also because of the wet summer the dessert had many shades of green and there where snow capped mountains in the background..A wonderful vista. Traffic in Phoenix is heavy but we used bikeways to get out into the countryside. To our big surprise and delight, Jean, Myrna and Henry served us a delicious Thanksgiving Turkey Dinner, in Tombstone. The three biked with us to Bisbee, then they returned to Phoenix where they stay over winter.

I like to thank Bernice for providing us with good accommodations and food to make this trip very joyful.

Ladner Birthday Dinner .

Mary Whyte.

Betty D. Jones is one of lifes unique people. Witty ,articulate energetic, a great cyclist and cook ---- in a nutshell a very well rounded person Now that she has moved here and is almost a neighbour, it was with surprise and pleasure that I realized that she and I were sharing the honors at our most recent Birthday Bash. We had a good turn out, many of whom had ridden that day and once again we all enjoyed a very successful evening. Thanks to all for your good wishes, cards and the beautiful cake.

Hawaii Tour.

Chris Siggers.

A post-Hawaii 2001 Tour meeting will be held jointly with the March Birthday Dinner at Ricky's in Ladner. That is, Tuesday 13th. March at 6 P.M.

No formal agenda has been prepared at this writing but it is hoped that some photos will be available for review, some war stories will be related. Lee and Ken Kraft have promised to publicize their digital pics at this meeting so we are hoping for a multimedia presentation. Chris has already posted his pics on several Yahoo albums which can be accessed from the club website or from the following URL: http://photos.yahoo.com/chris_siggers. Some of us will be at the pub around or before 5 p.m. also, so consider yourself invited!

Did You know.....?

Dennis Parsons.

If you suffer any damage to self or bicycle due to an imperfection in the street on road you travel , any claim you make will be dealt with promptly.

Also in BC, when buying a new bicycle, it is exempt from Social Services tax as well as all parts and pieces to go with it if purchased at the same time. Exempt at any time are; any charges to repair, install or assemble the following items; Lighting assemblies, including generators. Batteries and bulbs, reflectors, helmets, safety vests and safety bibs which enhance the visibility of the wearer.

Jim Grayson feels that bicycle trailers should be tax free too and the BC Cycling Coalition will lobby to get this suggestion made into law. The Coalition has got the big minds working on providing year round free bicycle ferrying through the Deas Island tunnel, or over it by boat. Marion Orsers' proposal; signals at the entrance to tunnels on the Trans Canada Highway warning of cyclists within, is receiving very encouraging consideration. And you may soon see brick coloured bicycle lanes.Have you noticed that cars seem averse to traveling on bricks?

Dodging

Cascade Bicycle Club

Watch those gaps between parked cars. While riding on a street with parked cars, be sure to maintain a straight line, avoiding moving to the right when there's a gap between parked cars. Since you're going more slowly than the traffic overtaking you from the rear, you may get trapped and become the condiments in a car sandwich when you move back into the traffic lane.

By continuing to ride in a straight line, you are acting more predictably for the overtaking drivers, and you're avoiding the junk (glass, rocks, cans, etc.) that tends to be farther to the right than the traffic lane.

The moral: Watch the traffic and maintain your line.

Hawaii.



Early one Thursday morning in January, the 25th to be exact, we arrived at the airport and set ourselves into motion, kept going and did what we had to do, and did not stop until two weeks later when we arrived back in Vancouver 14 days older and with a fruitful tour behind us. As normal human beings we couldn't do otherwise, that is the way our soul/mind had been programmed

We were almost the only passengers at Kona Airport when we arrived there, our luggage arrived promptly, we found a corner to change to Hawaiian attire, and in no time we had bikes with missing parts spread all over the floor. It was handy to have the Town and Country Chrysler at hand to soak up everything we could not pile on the bikes.

Uncle Billy's Kona Bay and Hilo Bay Hotels were our home for 5 days, and after we came to terms with the quirks associated with them we were quiet comfortable. They were the only hotels with swimming pools, but apart from that it was easy to tell the Kona Bay one had seen better days.

From Capt. Cook onwards some of us managed to have enough organically grown oranges on hand to last us for the rest of the trip, free of charge. A considerate person dropped a box of papayas on the road on a warm day, and we wasted no time taking advantage of it. If there is a season for papaya, oranges and bananas we seem to have hit it. With regards to macadamia nuts it may not have been the season, but there were plenty of good ones laying under the trees, and if I should happen to go for another trip to the Big Island I shall be sure to bring a hammer. It is the hardest nut in the world, it tastes good, but you do need no end of determination to crack them between two lava rocks.

Naalehu seemed like an oasis after climbing up and down lava rocks in a headwinds, that is where we had supper at the southern most restaurant in the USA. Our motel the Shirakawa still displayed a few leftovers from the hippie era. If I had to live off the land I can not think of a better place to do it, the same can be said for Hawi on the north end of the Island. The maintenance man at one of the places we stayed, told us that it had been his mode of existence, until he decided to cut his hair and come back into the rat race.

It would have been a very easy trip, except that in some places it is too far between lodgings, which gives us a long ride with the next day off, but with a support van behind us, there is nothing there that the average cyclist cannot handle. As long as you are prepared for hot weather, up hills, headwinds and the odd rain shower. Hilo on the northeast side is known for rain and tropical forest, but we learned that it also includes Volcano and Honokaa. Volcano is a rather unusual place, making us unsure whether we are in a town or a rainforest.

If I had to pick the best accommodation regardless of cost, it would have to be Volcano and Waimea, and the booby price would go to Honokaa. We had one little square room with 10' ceiling and wood paneling all around, no balcony. A fire trap if ever I saw one. We barely beat the rain on the day we arrived, and for those of us who

has experienced a barn with a tin roof, we almost felt at home for a while. Interior windows had fabric instead of glass, and when the person with the jackboots hit the hollow wooden floor 5.30 in the morning, we almost wished that the rain would continue. Still the first thing coming to mind when entering the room was, how are we going to survive here for two nights, not even a TV set. But we somehow managed to create a little excitement ourselves, and we hardly were bored at all.

To eat out the cost is between 50 and 150 % more than what we pay in Canada, but some enterprising participant managed to create nutritional dinners from what they could buy from the market, even when no kitchenette was available. That seems like a good solution, particularly on a tour like this one where there is time available. Some brought ingredients from home. Why not?

Waimea I would say qualified as the most boring place we had to spend an afternoon, and as the most unsafe place for cyclists, and the visitors bureau had nothing to offer us, and possible they would just as well not bother with people on bicycles. The whole thing is probably controlled by the Parker Ranch, the largest privately owned spread in the whole of the USA, and the founders did not even have the good grace to donate a decent piece of land to the town for a park. The shoulders became gradually narrower and in town they dwindled to nothing, although highway 19 runs right through both main streets, and that accounted for most of what was there. I think they were happy to see us go before we should dare to suggest that they re-plant the trees on some of those barren hills. On the other hand had I been a cow, it may just be the place I would choose.

On day 13 on our way back to Kona we cycled mostly on lava, some of which came as close to flat land as necessary for a comfortable ride. But any place with solid lava must be paradise for road builders which is evident in the generous shoulders that were added. Even where there are turning lanes to side roads, the 4 to 8-foot wide shoulders are continuous around the corners. Broken glass however, is also a continuous problem. Bottles are not returnable on this island and the consequence of this is evident in most places we cycled.

It was an empty airport when we finally left it, we had been delayed because it took at least an hour to retrieve our luggage and bikes in Vancouver, to be added to the two extra hours we waited in Kona for our plane to arrive. Long wait for luggage seems to be the standard here. They could learn from the Big Island. For a while we thought we were stranded for the night. That was before the commissioner came back to his post, and fixed us all up with taxis that takes bikes. It is handy for cyclists to know someone is on duty outside the building around the clock.

In case you wonder what people do when they arrive home at 3.00 a.m. to a house that had not been heated for two weeks and a day. In this case the occupant made a cup of herb tea [sweet dreams] while he opened some mail, ate a slice of defrosted home made bread, added a chunk of Danish cheese that had improved in flavor during his absence, had a scoop of marmalade that he and Cathy made the weekend before they left, put on some warm clothes went to bed and slept till 10 o'clock. Got up and turned on the furnace. Good to be home after a good holiday.

Robert Helms.

Indexing Adjustment.

So your bike has just finished a journey stowed away in the baggage compartment of a Greyhound bus (or was that a slow Boeing 747); Neatly packed away in a bicycle cardboard box or slopped into a plastic bag. You put the bits and pieces together (if you can find them) and start cycling off, loaded down with all the essentials in your panniers, most of which you couldn't possibly do without, on the bicycle tour of your dreams!

The first time the brakes are needed, you have to dig your heels into the pavement, because you forgot to hook the brake cables up!

What Else?

Might as well check the rest of the cables, (brakes and shifters) make sure they are in all the right places, especially under the frame where they enter and exit the cable housing and at the cable adjustments?

Once that's done; Spin the wheels and check if they are still reasonable round without a sideways wobble and the brake pads don't go thump- thump-thump on the rims or tires.

Now you can stop; But how about those shifters; when you start climbing that first hill; nothing happens, you try shifting to a lower gear, and the rear derailleur on your 7,8 or 9 speed skips when you don't want it too and vise-versa!

This is the time to you wished you had been a little more thorough earlier on and made a few minor adjustments.

Don't touch the HIGH - LOW stop adjustments, they prevent the chain from flying off the big cog into the spokes, or off the small cog at the other extreme causing possible damage !

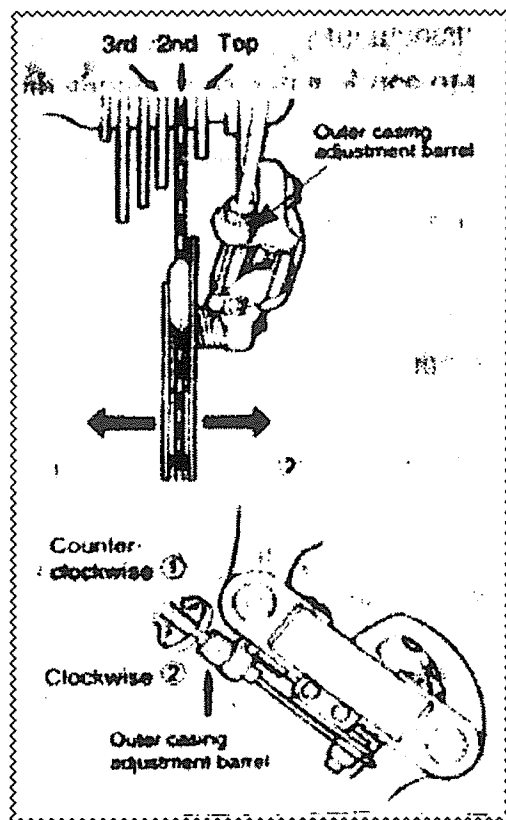
The indexing adjustment is the most frequently needed rear derailleur adjustment. The detents (click-stops) that provide indexing are in the shifters, and the index adjustment sets the length of the cable so that the derailleur is in the correct place to correspond with each click stop.

If a derailleur is correctly adjusted when it is installed, this is the only adjustment that should have to be tweaked later on, to accommodate cable stretch, or when cables are replaced.

The indexing adjustment is an adjusting barrel located at one end of a length of cable housing. Many rear derailleurs have more than

one index adjuster. All indexed derailleurs have an adjuster where the final loop of cable housing ends at the derailleur itself. Many bicycles also have another adjusting barrel located so that it can be adjusted while you are riding. On mountain-bike-typeshifters, this will be located at the shifter itself, just where the cable exits. On road bikes with handlebar-mounted shifters, there will usually be an adjusting barrel at the cable stop where the upper length of housing ends on the upper end of the down tube.

It doesn't matter which of these adjustments you use, whichever is most convenient.



Before attempting to adjust the indexing, shift to the highest gear (smallest sprocket). Make sure that the shifter is in the position that allows the cable to be as loose as it can get.

Click the shifter to the first click after the fully loose position, then turn the pedals forward. The chain should shift to the second smallest sprocket. If it doesn't, it means the cable is too loose. Turn an adjusting barrel counter-clockwise to tighten the cable. Start with half a turn, then check again. It is very common for beginners to over-correct by turning the adjuster too far. Sometimes this will result in moving the indexing so far off that it sort-of works, except that the clicks are one-notch off, so one of the extreme gears doesn't work properly, but the others appear to be OK. This is why it is important to check that the shift from the smallest to the second-smallest sprocket occurs in the right place on the shifter.

Fine adjustments are accomplished according to the following principles:

Shifting to larger sprockets is accomplished by tightening the cable; If such shifts are slow, the cable is not tight enough—turn the barrel counterclockwise to tighten it.

Shifting to smaller sprockets is accomplished by loosening the cable; If such shifts are too slow, the cable is not loose enough—turn the barrel clockwise to loosen it.

Finito

“Variable gears are only for people over forty-five. Isn't it better to triumph by the strength of your muscles rather than by the artifice of a derailleur? We are getting soft. Give me a fixed gear.”

Henri Desgrange, 1903

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 who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of tour** or **names for membership**". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS INFORMATION Guidelines.

Tours 2001 Completed.

Hawaii 2001

Victoria Hub & Spoke.

May 7-10

Roberto Bardati 250-389-0091

For complete itinerary see February edition of Newsbrief
Scenic Rides of the Greater Victoria area as far up Island as Shawnigan Lake.

All tours will start from "BIG AL'S BAGELS" in the Saanich Plaza, 9 a.m. unless otherwise noted.

Participants: Roberto Bardati, Bruce McLean, Peter denBoer, Jo Hamilton, Edward Weinstein, Jackie Weinstein, Horst Hees, Sonya Barsati, Gordon Kennedy, Sonie Kennedy, Wendy Pearson, Randy Fateux, Angela Fateux, Mary Eickhoff, Bruno Freigang, Cathie Freigang, Mary Whyte, Katryn Jeronimus, John Peck, Sally Svensson

Columbia River Dam Tour.

Date: May 14-24

Dan Baris 509-865-2315

danbaris@earthlink.net Max.

Participants 30 Ian Polley 604-531-6955 Cost Estimate
\$500 Can. Deposit \$30 Ian_polley@telus.net

Balance of \$ 470 due April 10

Total distance 640 km (longest day 88 km)

A repeat of ride made several years ago with vehicle supported camping plus two nights in a motel.

The Tour starts in the evening of the 14th in a motel at Oroville , WA and to Omak, Coulee Dam, Steamboat Rock, down the Grand Coulee to Ephrata , to the Columba River and a night at a motel in Wenatchee, Chelan with a day boat ride to Stehiken and back, Bridgeport, Omak, and return to Oroville. The route crosses or passes 6 dams. The fee covers all but a few meals.

Participants: Daniel Baris, Jerry Baris, Bryan Riggs, Jan Johnson, William Hook, Gordon Kennedy, Adrian Thompson, Ian Polley, Ernie Schmidt, Bob Miller, Walter Griffioen, Marion Griffioen, Janice Pickerill, Ron Pickerill, Roy Goodchild, Helen Goodchild

Victoria to Comox.

Jun. 1-4

Hans Klein 250-477-1493

For complete itinerary see February edition of Newsbrief

Total distance 220 km. Longest day 62 km.

A self-supportive (no support vehicle) pay as you go camping to utilizing the Mill Bay ferry and taking you Up-Island on the scenic back roads

Participants: Johannes Klein, Dave Darts, Vickie Darts, Sonya Bardati, Roberta Bardati, Horst Hees, Diana Lifton, Fern Sule, Peter den Boer, Wendy Pearson, Jo Anne Hamilton, Bob McInnes, Betty McInnes, Randy Fateux, Angela Fateux, Mary Eickhoff, Bruno Freigang, Cathie Freigang, Dick Mabee, Bonnie Maybee

Comox Valley Hub & Spoke.

Jun. 5 - 8

Gladys Schmidt 250-338-8955

Dora Ellis 250-338-9751

Sara Kirkby 250-598-5405

Registration Fee \$ 10

Style: Tent, RV or Motel.

Tour: The Comox Valley on beautiful Vancouver Island , The Islands, The Trails - Seafood Dinner and Lunch by the Harbour.

For complete itinerary see February edition of Newsbrief

ACCOMMODATIONS:

Maple Pool Campsite, 4685 Headquarters Rd. Courtenay 338-9386

\$11.00 per tent, \$14.00 RV, \$16.00 full hookup, based on double occupancy

Best Western Collingwood Inn, 1675 Cliffe Ave. 1-800-663-7922

(Loft Room has 2 bedrooms and could sleep 8 people)

Travelodge, 2605 Cliffe Ave. Courtenay 334-4491

Participants: Gladys Schmidt, Dora Ellis, Margaret Fyfe, Wendell Green, Theresa Green, Wayne Waardenburg, George Brandsma, Mary Brandsma, Adrian Thompson, Dan McGuire, Sylvia Mather, Diana Lifton, Bryan Riggs, Edward Weinstein, Jackie Weinstein, Dave Darts, Vickie Darts, Max Bisseger, Frances Bisseger, Christina Radnai, Robert McInnes, Betty McInnes, Sara Kirby, Leila Montgomery, Jack Sheppard, David Brooks, Bruce McLean, Brenda Borron, Art Borron, Wendy Pearson, Peter denBoer, Jo Hamilton, Roberto Bardati, Sonya Bardati, Kim Vogt, John Peck, Eva Folk, Horst Hees, Emmy Matte, Ness McCulley, Fern Sule, Randy Fauteux, Angela Fauteux, Mary Eickhoff, Bruno Freigang, Cathie Freigang, Walter Griffion, Marion Griffion, Jan Grove, Dick Mabee, Jim Jeffrey, Shirley Mae Jeffrey, Bruce Ross, Sonja Joos, Barbara Hetzer, Alyce McKay, Sabine Hansel, Sally Svensson

Gabriola Circuit.

July 9th 13th

Art Borron (250) 652 5990

Email artborron@home.com

Self contained Camping tour - pay as you go.

Day 1. Victoria, Brentwood Bay Ferry to Mill Bay to Crofton

Day 2. Crofton to Nanaimo. Day 3. Circuit of Gabriola & return to Nanaimo Campsite. Day 4. Return Home.

Each person responsible for own expenses; Camp grounds, meals, ferries, etc.

Itinerary will be provided to registered Applicants.

Participants: Art Borron, Sonie Kennedy, Gordon Kennedy, Bruno Freigang, Cathie Freigang

Vancouver Island's West Coast.

July 25th - August 1st

Diana Lifton (250) 468-5696

Email Lifton@home.com

Max. Participants 20

Deposit required \$ 35 (non refundable unless replacement found)

Fully loaded tour of 30 to 50 km per day.

Fully loaded camping tour (no motor vehicles, no B&Bs or motels) proposed starting in Nanaimo. First night and planning session at Rathrevor Provincial Park, Parksville (35km). Bike along Highway 4A to Port Alberni (Dry Creek Campsite) (50 km). Lady Rose ferry to Ucluelet, bike to Bella Pacifica Campground (3 km south of Tofino) (38km). Three

nights on ocean front white sandy beaches. Return to Ucluelet (38km), Lady Rose to Port Alberni, bike to Rath Trevor Park in Parksville (50 km), bike to ferry (Departure Bay 35 km -Duke Point 45 km)

Grand Forks Hub & Spoke:

August 20th -23rd

Glen Smith - 604-521-1007; gsmith@smarrt.com

Deposit required for reservations on Lady Rose(\$15), Bella Pacifica Campground(\$20). Each person responsible for their own meals. Restaurants at Botanical Gardens (15 min. walk) and Tofino(3km).

Registration Fee \$ 10

Other costs: User pay

Dates have been planned to take advantage of the Monday to Thursday free ride for Seniors on B.C. ferries; \$3 bicycle charge.

Participants - no limit

A camping centered Hub & Spoke from Grand Forks for four nights. Motels and restaurants nearby. Cycle tours in the rural Kettle and Granby River Valleys, and Border Country, Doukhobor and Pioneer museums and cultural Centre.

Participants: Diana Lifton, Keith Clothier, Sharlane Fossum, Tom Smith, Katherine Hinman, Rolf Petersen, Sally Petersen, Brenda Borron, Art Borron, Edward Weinstein, Jackie Weinstein, Ray Wright, Laureen Morling, Randy Fateux, Angela Fauteux, Jean MacDonald, Martine Donahue, Lyse Godbout, Lesley Bohm, Don Proudlove, Susan Nesbitt

In keeping with the less structured format of the Hub and Spoke tours, it will be the participants' responsibility to arrange and pay for their own accommodations and meals.

For more info. see February Edition of Newsbrief.

North Okanagan Hubs & Spokes August 11th - 19th

Dan McGuire - 604-942-3235; danmcg@smarrt.com

Donna Nicholas - 250-861-4083; nicholasdonna@hotmail.com

Participants: Glen smith, Josie Zewiec, Ray Wright, Laureen Morling, John Peck, Brian Pollard, Myrna Pollard, Mary Eickhoff, Brenda Borron, Art Borron, Peter denBoer, Jo Hamilton, Eleanor Bannister, Bruce Ross, David Brooks

Participant - no limit

Deposit required \$30 (refundable) for reservations and miscellaneous expenses.

Pend D'Oreille Hub & Spoke

24-31 Aug 2001

Leila Montgomery - 604-945-6891; LeilaJack@aol.com

Costs: camping \$11 or less per tent per night; shuttles about \$20.

A camping Hub & Spoke from Newport WA in the Pend D' Oreille river valley for seven nights. Motels and restaurants nearby. Cycle tours in the NE Washington and NW Idaho valleys and forests.

Itinerary:

- Aug 11th - arrive Kelowna, Willow Creek Campground;
- Aug 12th - cycle city sites, Bertram Creek Park, wineries;
- Aug 13th - cycle north via Winfield, Gray-Monk winery, Okanagan Centre, return;
- Aug 14th - shuttle to KVR, cycle Myra Canyon, McCulloch, Hwy #33 return;
- Aug 15th - cycle via Vernon to Enderby, Riverside RV Park, camping gear carried in truck;
- Aug 16th - cycle to Mable Lake, return;
- Aug 17th - cycle via Sicamous, Canoe, return;
- Aug 18th - cycle via Falkland, Salmon Arm, group dinner;
- Aug 19th - cycle via west side Okanagan Lake to Kelowna group dinner for those staying overnight.

Participants - no limit; Costs: TBA, user pay.

Participants: Leila Montgomery, Ray Wright, Laureen Morling, Peter denBoer, Jo Hamilton, Eleanor Bannister, David Brooks

Kelowna campground has restaurants and motels nearby. Enderby campground has cooking shelter, restaurants and one motel in the town.

Danube Bike Trip.

September 7th - 29th

Max Bissegger 604-536-3202
Dan McGuire 604-942-3235

Participants: (22) Dan McGuire, June Gallagher, Josie Zewiec, Ray Wright, Laureen Morling, Art Borron, Brenda Borron, Brian Pollard, Myrna Pollard, Bob Miller, Jan Johnson, Walter Griffioen, Marion Griffioen, Rose Tanchak, Margaret Fyfe, Mary Eickhoff, Peter denBoer, Jo Anne Hamilton, Eleanor Bannister, Bruce Ross, Sally Svensson, Beverly Wagner

This tour is fully booked.

Cost Estimate \$ 1800

Non refundable deposit \$ 100 with application

\$ 500 by Feb. 28th and the balance of \$ 1200 April 30th

Note: Max Bissegger, Group #1 September 6th to September 29th 2001

Carl Rorison, Group #2 September 7th to September 30th 2001

Participants Group #1: Max & Frances Bissegger, Dan & Jerry Baris, Bruce Ross Kenneth Hanna, John Hickman, Margaret Hunter, Barbara Weins, Sim Wee, Ron Graham, Panko Ganchev, Ron & Janice Pickerill, Sylvia Mather, Linda Bothwell, Anne Miller, Catherine Mick, John Cuthbertson, (one position in reserve, until one more possible withdrawal).

(Continued Page 8)

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month /

Day Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Danube continued:

Participants Group #2: Carl Rorison, George Edmunds, Fritz Niebisch, Kurt Frenzel (not 100% confirmed), Anna Markus, Marthe Lambert, Dan McGuire, June Gallagher, Mary Whyte, Cory Coster, Jantien & Ted Golsteyn, Ness McCulley, Sally Svensson, Gene & Gerri Salamatian, Barbara Hetzwe, Catherine Lynch, Harvey & Kitty Cocks

Wait List: Pat & Ted Stubbs, Don & Maureen Holloway, Jose Zewiec, Frank & Alice Campbell, Sharlene Lundal, Des Horan, Barbara Forsyth, Dora Ellis, Bruno & Cathie Freigang

On June 12th we plan on having an information meeting for all participants. Mark it on your calendar. The meeting will be held at the home of Jantien and Ted Golsteyn. More at a later date. Try to attend. (People on waiting list are welcome).

Reminder: A valid Passport is required, now is a good time to make sure it is up to-date.

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we 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 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)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

Victoria.

Sundays - 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - 9 am at **The New Blenkinsop Trestle** or
10 am at McDonald's, Pat Bay Highway 17.

Contact:Roberto Bardati 389-0091

Nanose/Parksville.

Thursdays - 10 am at Nanose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays- 10 am at Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955 or Dora Ellis 338-9751

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES (No rides to Spring 2001)

Contact Peter Baron 250 372 8392

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of Injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____

Newsbrief.



April 2001

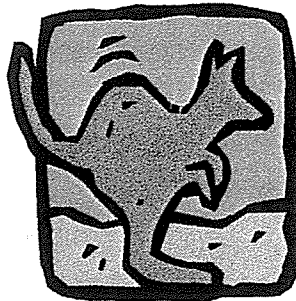
Volume 18. Number 4.

The Cross Canada Cycle Tour Society

Not the President's Report.

With the President/Newsbrief Editor playing hooky in OZ there is no one left but me! So...

Looking over the tours planned for this year shows a dramatic change in the kind of trips we do. Almost overnight we have changed from our traditional linear or point to point expeditionary-like tours, which we do better than any other organization, to Hub and Spoke activities. Perhaps this is a function of the increasing average age of our members or perhaps our most ardent tourers, the Sea to Sea tourers are temporarily toured out. In any case this year we have currently 162 participants signed on for the various Hub and Spokes but only 19 participants for the only traditional tour, namely the Columbia River Dam Tour.



Any one who was on the first Dam tour will tell you that it was one of the really good ones, varied scenery, good campgrounds, thousands of songbirds and flowers. Even though the deadline for receipt of fees has passed I expect that you can participate if you speak nicely to Dan Baris or Ian Polley.

Perhaps part of the problem is that the leaders we have relied upon for many years are gradually withdrawing from leadership roles. Now is the time for new leaders to step forth and take command. Help is readily available from the office and veteran tourers.

There is one encouraging development, self sufficient, self contained or self supportive tours, my favourites. Diana Lifton's tours of last year and this year were oversubscribed shortly after being announced. Hans Klein's tour from Victoria to join the Comox Valley Hub and Spoke has currently over 20 applicants. This kind of touring offers the most flexibility of all. Anywhere an expeditionary type tour can go so can self sufficient tourers with very little more effort. Really! On the flat or downhill the effort is similar. Any hill that one climbs with an unladen bike can be climbed with a loaded bike by shifting down one gear. The only difference is that it will take about 15% longer to climb. The proof of the pudding is to try it. One hill climb is all that it takes to make a believer. More on this in another issue of Newsbrief. Art Borron

Spring Social

Mark your calendar for Wednesday, April 18th

PLACE: South Delta Recreation Centre
1720-56th Street, Tsawwassen

TIME; 11 a.m. to 1 p.m.

A donation of \$3.00 is requested for refreshments

Questions? Call your Events Manager

Sally Svensson (604)-987-3449

Land's End to John O'Groats

Anyone interested in cycling with me during the months of June July or August? I have all the details of Maps, Accommodation and Routes, or we can form a party of six and book with 'Bike Adventures' anytime from April to September. If we can make the trip we can offer it to the club for next year? Example 22 days cycling 2 rest days, average 45-55 miles per day. Depart any day 28th April to 8th September with 'Bike Adventures' £480 Flights/Dinners extra. If we do it ourselves with all my info. and it takes 3 weeks it may work out cheaper.

Call me if you're game.

Betty Darvel-Jones 948-0287

Victoria Picnic

Mark your calendar for Monday, May 7th

PLACE: Centennial Park

Wallace Drive, Central Saanich

TIME: Noon

There will be a charge of \$5.00 for the picnic lunch

Victoria riders will meet the ferry leaving Tsawwassen at 9:00am arriving at Swartz Bay 10:35am

Questions? See February Newsbrief or

Call Roberto Bardati 250 389-0091

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 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit to Office or Editors E-mail: rolf.p@home.com

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

For Further information Contact:
THE CROSS CANADA CYCLE TOUR SOCIETY.
6943 Antrim Avenue, Burnaby, BC V5J 4M5

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

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Tours
Barton Howes 250 378 0927 Bartonfaye@aol.com

Club Jerseys/Equipment/Tours

Shirley Fisher 604 255 0087

CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

APRIL 19 th Ladner lighthouse loop	AUGUST 1 st Picnic 11 th -19 th North Okanagan 20 th -23 rd Grand Forks 24 th -31 st Pend D'Oreille
MAY 7 th Victoria Picnic 7 th to 10 th Victoria Hub & Spoke 14 th to 24 th Columbia river tour	SEPTEMBER 6 th to 29 th Danube Bike Trip
JUNE 1 st to 4 th Victoria to Comox tour 5 th to 8 th Comox Valley H & S 7 th Director's meeting cancelled	OCTOBER NOVEMBER
JULY 9 th - 13 th Gabriola Circuit 25 th to Aug 1 st Vancouver Island's West Coast	DECEMBER 13 th Victoria Christmas Dinner

New CCCTS Members

Nille Fibiger-Crossman
7-981 Fir Tree Glen Victoria V8X 5B8

Beverly Wagner
1726 NW 60th Street Seattle WA. 98107

Julie-Anne Hudson & Matthew Sluyter
1046 Claverhall St. North Vancouver V7L 1Y3

Morley Hornung
304-1967 Barclay St. Vancouver V6G 1L1

Milton Orris
405-121 Bloor St. East Toronto ON M4W 3M2

Juby Fouts
PO Box 668 La Conner WA 98257

Shelley & Doug Rickner
71 Diefenbacker Wynd Delta V4M 3X2

Tom Ryan
4A Tower 2, Dynasty Court
23 Old Peak Rd. Hong Kong

Janice MacRae
7357 Wallace Drive Saanichton BC V8M 1S9

Ray Lloyd
9 Runnymede Cr. London On. N6G 1Z7

Gerhard Verheul
7855 Marchwood Place Vancouver V5S 4A6

KNOW YOUR BIKE REPORT

March 24, 2001

Review by Roberto & Sonya Bardati

We were very grateful to Barbara & Sonja for the use of their Clubhouse as our seminar room. Tarps were put over the carpeting, as good scouts, we were, and we did not dirty the place.

The workshop started at 9.00 a.m. and ended at 3.00 p.m. with a coffee break in the morning provided by Barbara and Sonja, also we had one hour off for lunch

The total participant was 20, of which 11 were of the Y chromosome and 9 of the X. I say this because George, one of our instructors, said that you needed to be a Y to understand the gearing ratio. Not so for all of us X's.

George Setterfield gave a very interesting and useful session on "what to look for when buying a bike" which included the names of all the main components of a bike, and various dimension for sizing a bike. Frames and frame tubing materials was discussed as well as gear ratios and ideal ranges for applications.

Doc Watson brought his TV and VCR and we viewed a video on bike repair.

Hans Klein and Doc Watson got their hands dirty while working on tires, tubes and the proper way to fix a flat. Hans demonstrated a variety of tools for bike repair and recommendations on what to bring along for emergency road repairs. Hans also covered general maintenance such as cleaning, oiling and storing a bike. Doc Watson also brought a tool kit to be envied. Other topics covered were spokes, front and rear derailleur adjustments, indexing, free wheel clusters etc.

Packaging a bike for travel was discussed and we drew on the experience of those that have traveled with their bikes and the pros and cons of various options.

The teaching method was a demonstration type with one bicycle on the stand at the front of the room with the demonstrator working on various components and the participants observing and asking questions.

Doc Watson and George had some free goodies to give away and the participants chose from a variety of items such as water bottles, panniers, bells, and jerseys. George donated a collection of cycling books for CCCTS members to use. We are cataloguing them and compiling a list of the books, which will be placed in our library and available to any members.

GREAT workshop, GREAT teachers, GREAT participants, and we all learned a lot.

TOURING SEMINAR

MARCH 24, 2001

Review by Mary Eickhoff

Thanks to CCCTS volunteers: Shirley Fisher, Margaret Fyfe, Betty Darvell-Jones, Sally Svensson, and Yvonne van Woudenberg, who attended our table display. We were heartened to see the familiar faces of about 20 members who dropped in to check out the seminar.

Shirley coaxed a very chic and young-looking mannequin into cycling shorts, CCCTS bold-striped jersey, helmet and glasses which drew a lot of attention to our space. Our entire stock of brochures and Newsbriefs were taken by cyclists, many of whom were keenly interested in membership in our Society, and eager to hear about our day rides as well as tours. The Sea to Sea 2000 Tour albums, compiled by Bosco Chang, were of great interest to visitors.

It was evident that the displays of the participating clubs' jerseys were attractive to passers-by. This was a really fun occasion with an air of enthusiasm for the touring program and presentations. Table displays by private sector touring companies, i.e., Tour du Canada, Tour BC, and Crosstrails Adventures (mountain biking) added to the mix. Maps of urban and rural cycle routes in the Greater Vancouver area were provided by VACC.

Bruce Mol, representing the VACC/VBC organizing committee, reported an estimated attendance of 250 - 350 people; 62 people used the bike parking. I believe we were very fortunate to have been invited to participate and contribute to the spectrum of cycle touring options. Thanks are due to the VACC and VBC and to those who completed the survey form

For Sale

Raleigh Competition GS (racing bike)

12 speed silver grey, Reynolds 501 tubing, Campagnolo cranks, hubs, pedals, sprockets, Campy nuovo gran sport derailleur. Avocet saddle, modolo sidepull brakes.

Spare cluster. Size 23 ½ " Immaculate.

Price \$200 OBO.

Phone Helen @ 604 521-0183 or

John @ 604 939-1775.

Al's Ladner to Lighthouse Loops Century

from Ladner Community Centre parking lot, Arthur Dr & 47th Ave, Ladner

Thursday, April 19, 2001

100k loop starts at 9:30 am; all others at 10 am

Mary Eickhoff 604 535 2513 email eickhoff@vcn.bc.ca

For background info see March Newsbrief

Sample leaflets will be posted at the Spring Social for info. You're welcome to sign up early by calling the office, or at the Social the day before the ride - that will give us an idea of how many participants to expect for each loop - but the morning of the ride, just before starting on your loop, you'll need to complete your waiver, hand it in, and have a volunteer record your starting time at the start/finish table.

On registering, you will see a rainbow of coloured leaflets (route guides) which combine a waiver, time sheet/route guide and map; take care to choose the colour which represents the distance you want to cycle, not the one that matches your jersey. Complete the waiver, tear off, hand in, and have your start time recorded on your route guide. Fluorescent-coloured flagging tape will be on hand (colour-coded with the leaflets), to be tied on, preferably to your helmet to identify who's doing which loop.

Be sure to look over your itinerary before you start! The routes will vary from the weekly Ladner ride. Please note the 100k route will not include the causeway to the Delta SuperPort.

Energy snacks, fruit, and beverages at Lighthouse Park are compliments of Al Hollinger again this year... if you need more fuel please bring it along. A note to out-of-towners: a route map is provided, but if you're not familiar with the Delta area, you might like to bring along an official street map.

Delta Engineering have been very congenial and supportive of this event, and will have the main roads swept for us. Please show your appreciation by respecting all traffic control signs and rules of the road.

PRIZES: Al is lining up some great prizes again this year. This is a rain or shine event (within reason). Let's hope for good weather and a good time had by all!

Remembering Tage Winkler Eva Folk

Most of us remember Tage as the kindly, gentle man who was with Grethe on cycling trips. His early

training as a boxer in Denmark made him strong and tough and he showed up in his retirement years as a strong cyclist and also a hiker. Joining our club in 1986, they went on many tours, Africa, New Zealand, Alaska, Dempster Highway, Great Divide and many more. As Grethe says: "We enjoyed every minute of it"..Wherever Ted travelled he always had an eye out for animals for he loved them all. Tage was very nice to have around on our camping trips. He helped everyone and was always cheerful and never any complaining. Tage passed away on Feb 20th at age 82.

A MEXICAN SPEED BUMP

Sixteen lucky members of CCCTS joined the Gabriola Cycle trip to Puerto Vallarta, Mexico on January 27, 2001.

Arriving in the evening, pleasantly sleepy, we were immediately jolted into full alertness, as we were whisked from the airport by very competitive taxi drivers to Hotel Rosita.

After assembling bicycles and forgetting that the time had advanced by two hours, some of us strolled the Malecon. It was Saturday night with music thumping from every bar. It made a strong first impression, the crowds, the sky thick with stars, and the quarter moon lying on it's back. And that's before the beer.

The cycle adventure started with breakfast in the hotel then out onto cobblestones and a challenging ride to El Tuito. Once out of town the road was reasonable but a good climb. The view along the sea was spectacular, the hotels, the flowers cascading down walls, all the grass-roofed huts-so much to see, it was easy to forget we may be tired.

My most memorable day was day 3-Chamela to Melaque-also my birthday. I was momentarily alone, ahead of my friends. Coming quickly downhill, around the corner, I saw to my horror the biggest snake one could imagine. It stretched completely across my lane and half-way across the other lane. And that is wiggling, so I believe stretched out, it was at least ten feet..And fat! Quickly, I figured out which end was the head, then scooted round the tail end. It must have sensed my 'vibrations' or 'heat' as it suddenly swung back at me. In my terror, I pulled on the

brakes, then shot forward. More horror followed when I became aware of the wet 'snake' I had around my neck to keep cool.

Well past, I waited for my friends. Absolutely no one else saw it. I was asked if I took a picture. Not likely!

Corry Koster said it was just a Mexican speed bump.

Over 10 days, we stayed at a series of coastal resorts with good meals and pleasant accommodations. Our end point was inland to Colima, famous for the 14,400 foot volcano in the area. There we attended the colorful, high energy Ballet Folklorico of the University of Colima in the local opera house. Next day, again more elevation gain passing sugar cane fields to Comala. In Comala, one buys a beer, then endless food arrives to the sound of mariachi bands.

After ten days of cycling, four days remained to do as we pleased. Many stayed at Melaque and relaxed, while others toured Guadalajara.

I think everyone agreed it was a great experience. Thanks to Dan McGuire for organizing the CCCTS members and to Peter and Anna of GCK Ltd.

Sally Svensson

Ottawa News

It is still winter in Ottawa and, although most of us are still downhill and cross country skiing, it was time to

think about our cycling season. On Thursday, March 29th, forty-two of us gathered in the party room of Bobbie Redmond's apartment building for a potluck dinner to discuss the cycling season. The food was fabulous and the sounds of laughter and chit chat told me everyone was having a great time. Gerry Sutherland thanked everyone for coming out and informed the members that Jenny Cookson and Bill Russell will prepare the schedule for cycling. They need leaders and destinations for the weekly rides and would appreciate receiving this information as soon as

possible. It was suggested that several overnight trips and remote starts be considered and incorporated in the schedule. Inga Gullen mentioned that there was an interest in shorter rides and anyone interested should contact either Bill or Jenny. Martha Sabean will continue to produce the news for the CCCTS website and other members will fill in when she is away. Two of our members had significant cycling trips - Lise Brooks to Tasmania and Jenny Cookson to Arizona. Marilyn Murphy has recuperated from her accident on the "Sea to Sea" trip, however, she says her little finger will never be the same. Ray Richard thanked Bobbie for graciously hosting the potluck dinner. Happy cycling everyone!
Martha Sabean

Book on Touring with the CCCTS

Over the past number of months George Setterfield and I have discussed the possibility of producing a book on bicycle touring featuring the CCCTS.

The purpose of such a book would be to provide a manual of techniques for bicycle touring, particularly for mature cyclists, based on over 15 years of world-wide experience by the CCCTS. It would also give some of the history, organization and makeup of the Club. This is the point at issue right now. The early history of the club has only been sketchily recorded. Most of the early history that exists is only in the memories of some of the early members and an occasional diary or other note. We need to collect this as soon as possible. Any person that can provide information concerning the first year or two's activities in the form of hard copy or reminisces is asked to pass it on to either George or me. Art Borron

Tours 2001 Completed.

Hawaii 2001

Victoria Hub & Spoke. May 7-10 Roberto Bardati 250-389-0091

For complete itinerary see February edition of Newsbrief
Scenic Rides of the Greater Victoria area as far up Island as Shawnigan Lake.
All tours will start from "BIG AL'S BAGELS" in the Saanich Plaza at 9 a.m. unless otherwise noted.

Participants: Roberto Bardati, Bruce McLean, Peter denBoer, Jo Hamilton, Edward Weinstein, Jackie Weinstein, Sonya Bardati, Gordon Kennedy, Horst Hees, Wendy Pearson, Randy Fauteux, Angela Fauteux, Mary Eickhoff, Katryn Jeronimus, Bruno Freigang, Cathie Freigang, Mary Whyte, John Peck, Sally Svensson, Ness McCulley, Kim Vogt, Corry Koster, Anne Howe, Sandra Mcleod, Mary Vickers, George Brandsma, Mary Brandsma, Bryan Riggs

Columbia River Dam Tour. Date: May 14-24 Dan Baris 509-865-2315 danbaris@earthlink.net
Ian Polley 604-531-6955 ian_polley@telus.net

Max. Participants 30 Cost Estimate \$500 Can. Deposit \$30 Balance of \$ 470 due April 10
Total distance 640 km (longest day 88 km)

A repeat of ride made several years ago with vehicle supported camping plus two nights in a motel.
The Tour starts in the evening of the 14th in a motel at Oroville, WA and to Omak, Coulee Dam, Steamboat Rock, down the Grand Coulee to Ephrata, to the Columbia River and a night at a motel in Wenatchee, Chelan with a day boat ride to Stehiken and back, Bridgeport, Omak, and return to Oroville. The route crosses or passes 6 dams. The fee covers all but a few meals.

Participants: Daniel Baris, Bryan Riggs, Jan Johnson, Jerry Baris, Gordon Kennedy, Adrian Thompson, Ian Polley, Ernie Schmidt, Bob Miller, Walter Griffioen, Marion Griffioen, Janice Pickerill, Ron Pickerill, Roy Goodchild, Helen Goodchild, Allan Buium, Julie Hudson, Matt Sluyter, Sonie Kennedy

Victoria to Comox. Jun. 1-4 Hans Klein 250-477-1493

For complete itinerary see February edition of Newsbrief
Total distance 220 km. Longest day 62 km.

A self-supportive (no support vehicle) pay as you go camping tour utilizing the Mill Bay ferry and taking you Up-Island on the scenic back roads

Participants: Johannes Klein, Dave Darts, Vickie Darts, Sonya Bardati, Roberta Bardati, Horst Hees, Diana Lifton, Fern Sule, Wendy Pearson, Jo Anne Hamilton, Peter denBoer, Bob McInnes, Betty McInnes, Randy Fauteux, Angela Fauteux, Mary Eickhoff, Bruno Freigang, Cathie Freigang, Dick Mabee, Bonnie Mabee, Joan Engman

Comox Valley Hub & Spoke. Jun. 5 - 8 Gladys Schmidt 250-338-8955
Dora Ellis 250-338-9751
Sara Kirkby 250-598-5405

Registration Fee \$ 10

Style: Tent, RV or Motel.

Tour: The Comox Valley on beautiful Vancouver Island, The Islands, The Trails - Seafood Dinner and Lunch by the Harbour.

For complete itinerary see February edition of Newsbrief

ACCOMMODATIONS:

Maple Pool Campsite, 4685 Headquarters Rd. Courtenay 338-9386
\$11.00 per tent, \$14.00 RV, \$16.00 full hookup, based on double occupancy
Best Western Collingwood Inn, 1675 Cliffe Ave. 1-800-663-7922
(Loft Room has 2 bedrooms and could sleep 8 people)
Travelodge, 2605 Cliffe Ave. Courtenay 334-4491

Participants: Gladys Schmidt, Dora Ellis, Margaret Fyfe, Wendell Green, Theresa Green, Wayne Waardenburg, George Brandsma, Mary Brandsma, Adrian Thompson, Dan McGuire, Sylvia Mather, Diana Lifton, Bryan Riggs, Edward Weinstein, Jackie Weinstein, Dave Darts, Vickie Darts, Max Bisseger, Frances Bisseger, Christina Radnai, Robert McInnes, Betty McInnes, Sara Kirby, Leila Montgomery, Jack Sheppard, David Brooks, Bruce McLean, Wendy Pearson, Peter denBoer, Jo Hamilton, Brenda Borron, Art Borron, Horst Hees, Roberto Bardati, Sonya Bardati, Kim Vogt, John Peck, Eva Folk, Randy Fauteux, Angela Fauteux, Emmy Matte, Ness McCulley, Fern Sule, Randy Fauteux, Angela Fauteux, Mary Eickhoff, Emmy Matte, Ness McCulley, Fern Sule, Hans Klein, Jan Grove, Dick Mabee, Bonnie Mabee, Jim Jeffrey, Shirley Mae Jeffrey, Bruce Ross, Bruno Freigang, Cathie Freigang, Walter Griffioen, Marion Griffioen, Sonja Joos, Barbara Hetzer, Alyce McKay, Sabine Hansel, Sally Svensson, Katryn Jeronimus, Dorothy Kennedy, Betty Darvel-Jones

Gabriola Circuit. July 9th 13th Art Borron (250) 652 5990 Email artborron@home.com

Self contained Camping tour - pay as you go.

Day 1. Victoria, Brentwood Bay Ferry to Mill Bay to Crofton

Day 2. Crofton to Nanaimo. Day 3. Circuit of Gabriola & return to Nanaimo Campsite.

Day 4 & 5. Return Home.

Each person responsible for own expenses; Camp grounds, meals, ferries, etc.

Itinerary will be provided to registered Applicants.

Participants: Art Borron, Sonie Kennedy, Gordon Kennedy, Bruno Freigang, Cathie Freigang

Vancouver Island's West Coast. July 25th - August 1st Diana Lifton (250) 468-5696 Email Lifton@home.com

Max. Participants 20

Deposit required \$ 35 (non refundable unless replacement found)

Fully loaded tour of 30 to 50 km per day.

Fully loaded camping tour (no motor vehicles, no B&Bs or motels) is proposed starting in Nanaimo. First night and planning session at Rathrevor Provincial Park, Parksville (35km). Bike along Highway 4A to Port Alberni (Dry Creek Campsite)(50 km). Lady Rose ferry to Ucluelet, bike to Bella Pacifica Campground (3 km south of Tofino)(38km). Three nights on ocean front white sandy beaches. Return to Ucluelet (38km). Lady Rose to Port Alberni, bike to Rathrevor Park in Parksville (50 km), bike to ferry (Departure Bay 35 km -Duke Point 45 km)

Deposit required for reservations on Lady Rose(\$15), Bella Pacifica Campground(\$20). Each person responsible for their own meals. Restaurants at Botanical

Gardens (15 min. walk) and Tofino(3km).

Dates have been planned to take advantage of the Monday to Thursday free ride for Seniors on B.C. ferries; \$3 bicycle charge.

Participants: Diana Lifton, Shariane Fossum, Tom Smith, Rolf Petersen, Sally Petersen, Keith Clothier, Katherine Hinman, Edward Weinstein, Jackie Weinstein, Brenda Borron, Art Borron, Ray Wright, Laureen Morling, Randy Fauteux, Angela Fauteux, Jean MacDonald, Martine Donahue, Lyse Godbout, Lesley Bohm, Joan Enman, Don Proudlove, Susan Nesbitt

North Okanagan Hubs & Spoke August 11th - 19th

Dan McGuire - 604-942-3235; danmcg@smarrt.com

Donna Nicholas - 250-861-4083; nicholasdonna@hotmail.com

Participants - no limit

Deposit required \$30 (refundable) for reservations, shuttles, etc. Costs: camping \$11 or less per tent per night; shuttles about \$20.

We will have two "Hubs", four nights in Kelowna, then four in Enderby, then back to Kelowna for one night. Cars can be left at Donna's place while we go to Enderby. We will arrange to carry your camping gear from Kelowna to Enderby and back. We will make camping reservations for all, unless you tell Donna or Dan that you have other plans. For list of motels contact us.

Itinerary:

Aug 11th - arrive Kelowna, Willow Creek Campground;

Aug 12th - cycle city sites, Bertram Creek Park, wineries;

Aug 13th - cycle north via Winfield, Gray-Monk winery, Okanagan Centre, return;

Aug 14th - shuttle to KVR, cycle Myra Canyon, McCulloch, Hwy #33 return;

Aug 15th - cycle via Vernon to Enderby, Riverside RV Park, camping gear carried in truck;

Aug 16th - cycle to Mable Lake and back to Enderby;

Aug 17th - cycle via Sicamous, Canoe, back to Enderby;

Aug 18th - cycle via Falkland, Salmon Arm, back to Enderby and group dinner;

Aug 19th - cycle via west side Okanagan Lake to Kelowna, group dinner for those staying overnight.

Kelowna campground has restaurants and motels nearby. Enderby campground has cooking shelter, restaurants and one motel in the town.

Participants: (36) Dan McGuire, June Gallagher, Josie Zewiec, Ray Wright, Laureen Morling, Art Borron, Brenda Borron, Brian Pollard, Myrna Pollard, Bob Miller, Jan Johnson, Walter Griffioen, Marion Griffioen, Rose Tanchak, Margaret Fyfe, Mary Eickhoff, Peter denBoer, Jo Anne Hamilton, Eleanor Bannister, Bruce Ross, Sally Svensson, Beverly Wagner, Ness McCulley, Michael Goldberg, Roy Barrows, David Brooks, John Peck, Donna Nicholas, Jim Grayson, Ute Grayson, Ivan Paravan, Margot Paravan, Glen Smith, Jean Smith, David Brown, Virginia Brown.

Grand Forks Hub & Spoke: August 20th -23rd

Glen Smith - 604-521-1007; gsmith@smarrt.com

Registration Fee \$ 10 Other costs: User pay

Participants - no limit

A camping centered Hub & Spoke from Grand Forks for four nights. Motels and restaurants nearby. Cycle tours in the rural Kettle and Granby River Valleys, and Border Country, Doukhobor and Pioneer museums and cultural Centre.

In keeping with the less structured format of the Hub and Spoke tours, it will be the participants' responsibility to arrange and pay for their own accommodations and meals.

For more info. see February Edition of Newsbrief.

Participants: Glen Smith, Ray Wright, Laureen Morling, Josie Zewiec, Brian Pollard, Myrna Pollard, John Peck, Mary Eickhoff, Brenda Borron, Art Borron, Peter denBoer, Jo Hamilton, Eleanor Bannister, Bruce Ross, David Brooks, Michael Goldberg, Jim Jeffery, Bryan Riggs, Ivan Paravan, Margot Paravan, Milton Orris, Myrna Korstrom, Henry Tingley, Jean Smith

Pend Oreille Hub & Spoke 24-31 Aug 2001

Leila Montgomery - 604-945-6891; LeilaJack@aol.com

Leila's Tour: Pend Oreille (pronounced Ponderay)

A camping Hub & Spoke from Newport WA in the Pend Oreille river valley for seven nights. Motels and restaurants nearby. Cycle tours in the NE Washington and NW Idaho valleys and forests.

Participants - no limit; Costs: TBA, user pay

About the Ride.

There will be a different destination every day. The Spokane Bicycle Club members will lead some of the rides. We will cycle along the Pend Oreille River, Priest River, Sullivan Lake and Diamond Lake. The roads are all paved with very little traffic. We will be near forests, so there will be logging trucks.

Newport is very close to the border of Idaho and there is a single file law for cyclists. (don't know if it is ever enforced but I thought you should know.)

There will be good cycling for everyone whether you want short or long rides.

There will be more details re: mileage etc. in the next news letter, closer to the date .

Old American Kampground situated on the Pend Oreille River in the town of Newport. There are Restaurants, Safeway etc. within walking distance. To make reservations call : 509-447-3663 Member Service 800-567-2631

address: 701N. Newport Avenue Newport, Washington. 99156

Last years rate was \$10. per night camping , \$25 per night R.V. hook-up

There is a grassy area for tenting. We may be able to get a better rate for more than one tent per site. This will have to be done closer to the dates of the Tour.

To make reservations for motel call;

Newport City Inn 220 N. Washington Newport Wa. 99156 509-447-3463 Fax.# 447-2168

rates: 1 bed \$52.00, 2 people, 2 beds \$56.00, add \$6.00 for each additional person (plus tax of course)

Please remember, all quotes are U.S. dollars.

Newport is 76 miles South of the Nelway border crossing.

Highway 31 to Tiger Hwy., Hwy 31 becomes Hwy 20, Hwy 20 to Newport.

From Spokane take Hwy 395/2 to Newport. It's 45 miles from Spokane to Newport.

Participants: Leila Montgomery, Ray Wright, Laureen Morling, Peter denBoer, Jo Hamilton, Eleanor Bannister, Joan Enman, David Brooks, Myrna Korstrom, Henry Tingley

Danube Bike Trip. September 6th - 29th Max Bissegger 604-536-3202
Dan McGuire 604-942-3235

This tour is fully booked.
Cost Estimate \$ 1800
Non refundable deposit \$ 100 with application
\$ 500 by Feb. 28th and the balance of \$ 1200 April 30th

Note: Max Bissegger will lead Group #1 September 6th to September 28th 2001
Carl Rorison will lead Group #2 September 7th to September 29th 2001

Participants Group #1: Max & Frances Bissegger, Dan & Jerry Baris, Catherine Mick, Margaret Hunter, John Hickman, Barbara Weins, Ron Graham, George Edmonds, Ron & Janice Pickerill, Kenneth Hanna, Panko Ganchev, Ann Miller, Sylvia Mather, Sim Wee, Linda Bothwell, John Cuthbertson, (one position in reserve, until one more possible withdrawal).

Participants Group #2: Dan McGuire, June Gallagher, Bruce Ross, Anna Markus, Fritz Niebisch, Mary Whyte, Corry Coster, Jantien & Ted Golsteyn, Ness McCulley, Marthe Lambert, Harvey & Kitty Cocks Sally Svensson, Carl Rorison, Gene & Gerri Salamatian, Kurt Frenzel (not 100% confirmed), Barbara Hetzer, Catherine Lynch

Wait List: Pat & Ted Stubbs, Don & Maureen Holloway, Josie Zewiec, Frank & Alice Campbell, Sharlene Lundal, Des Horan, Barbara Forsyth, Dora Ellis, Bruno & Cathie Freigang, Kim Vogt, Juby Fouts

On June 12th we plan on having an information meeting for all participants. Mark it on your calendar. The meeting will be held at the home of Jantien and Ted Golsteyn. More at a later date. Try to attend. (People on waiting list are welcome).

Reminder: A valid Passport is required, now is a good time to make sure it is up to-date.

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we 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 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)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

Victoria.

Sundays - 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - 9 am at The New Blenkinsop Trestle or

10 am at McDonald's, Pat Bay Highway 17.

Contact:Roberto Bardati 389-0091

Nanose/Parksville.

Thursdays - 10 am at Nanose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays- 10 am at Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955 or Dora Ellis 338-9751

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES (No rides to Spring 2001)

Contact Peter Baron 250 372 8392

Newsbrief.



The Cross Canada Cycle Tour Society

June/July 2001 Volume 18. Number 6.

President's Report.

Rolf Petersen

Here we are back in circulation again. I have some good news and some not so good news. Let's get the worst out of the way first.

Due to personal reasons Leila Montgomery regrets having to cancel the The Pend D'Oreille Hub & Spoke. Leila has put a lot of work into planning this event and assures us it will be on in 2002. The Directors extend their apologies for any inconvenience this may have caused the participants.

Due to illness in the family Max Bissegger will not be leading the Danube Bike trip. His wife Frances is seriously ill in the hospital with cancer. We all wish Frances well and hope and wish for a speedy recovery. To quote from Max's letter:

"It is almost a year since the thought and encouragement from Frances to bike along the Danube from somewhere to somewhere else began to take on a firm dream. I was asking for interest in a bike tour along the Danube in the October 2000 Newsbrief with over 60 people responding, wanting to come along. Frances and I wish all of you that the rain clouds will be far away, the wind will be from the back and you will have no flats on the rear wheel."

Thanks to Max's great planning the Danube trip will go on as planned with John Hickman stepping in to fill Max's boots in leading Group #1 and Carl Rorison still leading Group #2. Thank you to both for stepping forward when needed and a great thank you to Max and Frances for arranging this great tour. They will surely be missed on the Danube Tour.

Several Tours are now completed: Columbia River Dam, Victoria to Comox and Comox Valley H & S. All great successes (read all about it) and more to come. **The Vancouver Island's West Coast tour has room for three more Participants.** Please contact the office or Diana Lifton direct.

Members home and away: Bosco Chang is in China teaching English. Roberto and Sonya Bardati were last seen or heard from in Jasper after cycling there with Sharlane Fossum. The two of them are heading across Canada. George Mortimer and Cathy Crandall out of Tucson have just completed hiking the Juan de Fuca Trail and are presently climbing out of Skagway on the old Chilkoot trail to Carcross. If you know of any club members on the move, please let me know.

Apologies for not including all items submitted, they will be in the August issue of the Newsbrief.

Annual Picnic & Swapmeet.

Thursday August 2nd.

DEAS ISLAND REGIONAL PARK.

Located on River Road 2.5 km East of Hwy 99 in Delta.
The picnic area is past the heritage home.

Lunch at 12 noon.

Cost: \$ 4.00

If you would like to help or need directions,
please contact Sally Svensson at 604-987-3449

Announcements.

Fritz Niebisch is planning a day trip from Ferndale to scenic Lummi Island on Sunday 22nd July.

For further information phone Fritz at 604-588-2408

Who wants to go up Hurricane Ridge on the 16th of July? We have to catch the ferry at 6:00 and will cross to Port Angeles and then consider our options. Come one, come all!

Contact Dennis Parsons at 250-881-1170

I have a three person tent which I am willing to share with one other congenial person for the Okanagan or Grand Forks Hub and Spokes.

Contact Sara Kirkby

Did you know.....

Dennis Parsons

Presently, the law (Motor Vehicle Act) in BC requires that cyclists travel in a single file. What is the law in your Province?

And what are you allowed to do when crossing a bridge! Stay on the road or use the sidewalk ?

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 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors Fax: 250-384-6804 or E-mail: rolf.p@home.com

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

For Further information Contact:
THE CROSS CANADA CYCLE TOUR SOCIETY.
6943 Antrim Avenue, Burnaby, BC V5J 4M5

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

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CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

JULY
9th - 13th Gabriola Circuit
25th to Aug 1st
Vancouver Island's West Coast

SEPTEMBER
7th to 29th Danube Bike Trip

OCTOBER

NOVEMBER
5th - 20th Arizona Tour

DECEMBER
5th Annual Banquet & Dance
13th Victoria Christmas Dinner

AUGUST
2nd Annual Picnic
11th -19th North Okanagan
20th -23rd Grand Forks
Pend D'Oreille (cancelled)

New CCCTS Members

Beyer, Hans 1-331 Oswego, Victoria, BC V8V 5A2. 250-389-0555

Capelli, Thelma 305-576 Simcoe St., Victoria, BC V8V 1L8. 250-383-7686

Carter, Kim 111 York St., Kingston, ON K7K 1P9. 613-542-2435

Chan, Christopher Box 23, 1035 Island Hwy. East, Parksville, BC V9P 2T6 250-951-2354

Griswold, Warner 3395 Skyline Blvd., Reno, NV, USA 89509. 775-825-1938

Hnatiuk, Wally 1303-76St., Edmonton, AB T6K 3G3. 780-463-9889

Howard, Marg & Dennis 2283 Inglewood Ave., West Vancouver, BC V7V 1Z7. 604-922-4502

Hudgins, Les 4458 King Alfred Court, Victoria, BC V8N 6K3. 250-721-5768

Kanigan, Tom 35 Marielle Court, Ottawa, ON K2B 8P2 613-828-2964

Kay, Robert & Bernadine 840 Sutton Mills Crt., Kingston, ON. K7P 2T1 613-384-2447

Kirk Sandy & Glenda 4809 Ambleswood Dr., Victoria, BC V8Y 2S5. 250-658-1260

Lafrenier, Denise & Helene 863 Western CP873, Waterloo, QC J0E 2N0 450-539-3373

Lauziere, Yvon 863 Western CP873, Waterloo, QC J0E 2N0 450-539-3373

McLean Alan & Linda 1683 Haverhill Place, North Vancouver, BC V7J1T5 604-987-6149

Meleskie, Annette & Ken 5 Pratt Ave., Nepean, ON K2G 0L8 613-226-4414

Peppler, Chris & Lynne 1676 Hampshire Rd., Victoria, BC V8R 5T6 250-370-5135

Starita, Paul 2841 Seaview Road, Victoria, BC V8N 1K9.

Tuulos, Eileen 4164 Parker St., Burnaby, BC V5C 3C1. 604-294-4225

Warren, Sharon 45143 Stevenson Rd., Chilliwack, BC V2R 2P7. 604-824-9824

Young, Andrew & Marilyn 9733 Juniper St., Chilliwack, BC V2P 5J2 604-795-5484

Well-come one and all.

Columbia River Dam Tour.

On May 15th my wife, Julie, and I met our tour group at the Red Apple Inn in Oroville, WA. Most of them had dinner together the previous night and slept at the motel so we had some catching up to do in the "name that face" department. It didn't take long to realize we had fallen in with a great bunch of folks. This was our first CCCTS tour so we had to figure out the drill, and Ian Polley was kind enough to explain how things would work for the next ten days. Throughout the trip Ian made sure that a lot of the details involved in this sort of affair worked out. He always did more than his share and worked hard to make it a success. Thanks for all the hard work, Ian!

So off we went day no. 1 Oroville to Omak, 70 km of beautiful scenery, two lane secondary roads, the Okanagan River often in sight. If you like the Okanagan area of BC, you will love this tour. It's more of the same semi-desert and orchard country, but not too busy, at least not in May. That night found us camped in Omak, the only rainy night of the trip. By now we had made the acquaintance of Dan Baris, our tour leader. As well as making sure we knew which way to go, he passed on a wealth of information about the area. Thanks Dan for a great ride! Day 2 found us on the only major climb of this tour, a long gradual hill on the way to Grand Coulee Dam, approx. 85 km. We missed the tour at the dam, but the visitor centre is worth a look. Day 3 we rode to Steamboat Rock State Park, only 28 km this day. Time to check out Electric City, a small town with a big name, talk to the locals, and go for a walk to the top of Steamboat Rock itself. Well worth it - good views of the Grand Coulee, and even found some deer on top. Lots of fun. Dan tells us the Grand Coulee is a huge ancient river channel, and we get the full story at the Dry Falls Interpretive Centre the next day on the way to Ephrata. We also passed Soap Lake, an oddly beautiful green body of water and had our first flat tire. Matt the flat rides again. All in all we found the Grand Coulee area the most amazing secret of the trip.

Our 5th day on the road and we were off to Wenatchee. The ride had now swung around from the south into the west, but the darned head winds that had been bugging us continued. Our American friends on the tour told us, "It usually doesn't blow like this or from this direction". Sure thing. A stop at the Rock Island Dam and a self directed tour was well worth the time it took, and somehow Bob Miller scored at least three lunches due to this stop. A nice ride along the Columbia and a cool bike path and suspension bridge for cyclists, led us into town for a well-earned night at the Orchard Inn Motel.

The temperature was starting to go up, but fortunately the head winds died off as we hit the road for Lake Chelan the next morning. All the country we passed through is very pretty - semi-arid with green oases of agriculture. This road, Hwy 97 alternate, on the west side of the Columbia slowly climbs up to a low pass in the hills north of Lake Chelan before dropping into town in nice swooping curves. YAHOO, don't touch those brakes - they only slow you down. Camped at Lake Chelan, we had time to wander around while most of the others took a boat ride to Stehiken, a small village, not readily accessible by road. Some raved about it. Others didn't. Manson was a worthwhile side trip west on the north side of the lake. It was the Frank-Julie-Matt team's turn to cook dinner for the gang. Frank and Julie voted me as head chef. Boy did I feel lucky. We hope everyone was happy with our cooking and Frank's ice cream. One lesson learned - don't have too many beers before things are well in hand or supper might not happen.

Day 8 found us on the road again after two days at Chelan. More beautiful scenery. More views of the Columbia River. We detoured off 97 to take in Chief Joseph Dam and camped at Bridgeport State Park. This is rattlesnake country and one of our riders came face to face with one, near camp. Quite exciting apparently. Some of us had a swim in the river. Very "refreshing", but not recommended if you're still trying to have children. Didn't know water

could be that cold and still be wet? My front tire blew out while parked in camp. Pretty lucky I think. We had fun fixing it up with a tire boot patch from Dan and duct tape as well. Combined with Gordon and Sonie's goathead thorn/multiple puncture adventures, we all got a pretty good grounding in how to fix bugged up tires. Anyway it all worked out fine and the next day in Okanagan I replaced both tires. Nice bike shop in this town. If you ever have time, check it out. I should mention that throughout our ride Washington drivers were some of the most courteous I have seen, but Washington dogs are another story. They come in all shapes and sizes, but they're all nuts about chasing bikes. So if you do this ride, watch out for Fido.

Our second to last day found us in Omak again, and we experienced our only significant weather of the trip - a genuine sandstorm that ripped through our camp, tearing up tents and sending stuff (including bikes) flying across the campground. All we could do was squint our eyes and sit on our stuff until it ended. Everyone pitched in to gather up gear that had sailed across the field, and no real harm was done. The last day found us heading north back to Oroville. Lots of opportunity to vary the route from the one used on our first day. Fairly high road density in this part of Washington gives you more options than you typically find in BC.

Back in Oroville and it was good-bye all around. We had a blast and hope everyone else did. We shouldn't forget to thank Yvonne, our sag van driver. While we were off having fun every day, she would run around doing the shopping, buying fuel, arranging coffee breaks and anything else that had to be done. We are all very lucky when someone will volunteer like this.

Well that's about it. Hope to see you out on the road again!

Matt Sluyter

A group of optimists (persons that do not listen to or believe the weather forecasts provided by Environment Canada) from the Ottawa contingent of the CCCTS went to Picton Ontario on 23 to 25 May for a short Hub and Spoke ride. The participants: Jenny Cookson, Ken Hanna, Ray Richard, Barbara and George Robertson, Gayle and Renaud Préfontaine, Bobby Redmond (Left to right order on the group photo)

Picton is the municipal Centre of the County of Prince Edward, Quinte's Isle. Prince Edward County was named after the eldest son of King George 3rd. It is a large island off the bay of Quinte in Lake Ontario just South of Belleville and Trenton. There is a canal, the Murray Canal, at the North East corner of the county joining the Bay of Quinte and Lake Ontario. This canal is what qualifies the county as an island. The County was settled in the 18th century predominantly by Empire State Loyalists, Americans who decided to remain loyal to King George 3rd at the time of the Independence movement which created the USA. The County is known for its agriculture, orchards, some vineyards which are now being re-planted and a large number of retired people. Tourism is a large industry since there are a number of conservation areas and the famous Sandbanks National Park. As a result of tourism there is a very thriving Bed & Breakfast industry and Antique shops. The County is also noted for well preserved or restored heritage homes. Many of these have been converted to Inns with well stocked Pubs and fine dining. Cyclists are very welcome and the County has become a destination for many cycling groups. Traffic in the spring and fall is relatively light on many of the county's paved roads. Local residents know the benefits of this industry and are very courteous to cyclists on the roads. I would venture to state that it may not be as pleasant during the months of July and August when the hoards come in from the mainland (and accommodation prices double and almost triple on weekends during that period).



To quote from one of the many tourist information pamphlets: Originally settled by United Empire Loyalists, the County is a treasure trove of history, culture, artistry and year round recreational activities. The quaint towns and villages are odes to simpler times and the gracious living of years gone by. The country churches, museums, century old buildings and antique shops are a true delight for all nostalgia buffs.

The plan was to travel to Picton on Tuesday 23 May with cycling optional that afternoon. Accommodations were at the Picton Harbour Inn. As it turned out, Environment Canada was correct in their forecast and it rained all afternoon.

Wednesday morning did not look very promising when we went for breakfast. Cloudy with a steady drizzle. The drizzle stopped at 10 so we decided to venture out. We cycled approximately 30 km to Isaiah Tubbs Inn and Resort on the shores of West Lake near the Sandbanks where Ray and I had invited some of our RCAF friends retired in this area to join us for lunch. As we arrived at the Inn, the weather cleared up and the sun came out to give us a beautiful afternoon for cycling. After lunch we visited the towns of Bloomfield and Wellington. An interesting feature

in Bloomfield was a sign at a house inviting people to visit their garden. Bobbie, Gayle and I took advantage of this offer. A large well decorated garden with many flowers and shrubs. Unfortunately, the Tulips were past their prime.

Thursday morning was a repeat of the previous day, drizzle and fog in the morning. We set out again at 10 as the skies were beginning to lighten. We climb eastbound towards Lake on the Mountain. A beautiful near circular lake at approximately 1000 feet in altitude less than 500 meters from the bluff overlooking Lake Ontario. Since we were in the fog and mist at that time no one stopped to visit. (Gayle and I had the opportunity to visit it in beautiful sunshine on Saturday 2 June on a repeat cycling trip to the County.) The South East part of the County has a few hills and very few farms, lots of shrub and maple groves and of course large numbers of lilacs growing wild. We were in the last week of the lilac blooms, a feast for the eyes and the nose. We headed for the Duke of Marysburgh Pub at Wapooos that Ray had carefully noted during the recce trip on Tuesday. Enjoyed a pint of local ale (Triple Chin) and a fine bowl of soup prepared by the

French owners. As we arrived at the Pub, the skies opened and we had beautiful sunshine for the rest of the day. After lunch we went looking for a cheese factory East of Wapooos only to discover that it had been closed a few years before. However, all was not wasted since the lilacs and the apple trees were in full bloom on that stretch of road making the extra 15 km worthwhile. We then headed West and to the operating cheese factory (celebrated its 100 anniversary on 2 June) at Black River where we purchased curd cheese and cheddar for that afternoon's cocktail hour. A few even indulged in ice cream at this stop. Half of the group then took the short road back to Picton while the rest went for some cardio training on a longer route. No group cycling had been planned for Friday. Cloudy morning skies resulted in all deciding to head for home.

After the two days of cycling on this tour and another day on 2 June, I can understand why so many cyclists visit this area. As the tour book states, the County is known for its pastoral beauty. This feature makes one want to take a leisurely pace when traveling along the back roads. One does not go there to do long daily distances but to take a relaxing trip and enjoy the scenery, sights and smells.

Comox Valley Hub & Spoke.

Did we CCCTS cyclists win a lottery? That was the feeling at the Comox Hub and Spoke! The valley and the roadsides were spectacular in their beauty with spring flowers everywhere. The lupines unbelievable, the hydrangea gorgeous and just how many varieties of irises can grow? This setting was only exceeded by the warmth of seeing cycling companions of bygone tours, and enjoying the friendship, help and encouragement of new members.

Although a family birthday prevented my attendance, my mouth watered as others related the unsurpassed seafood feast they devoured at Schmidt's. Thanks to all the team members who undaunted by cyclists' numbers fed the multitude as never before. One has to believe they had help from above.

Cycling almost to Lund, was a new experience and I loved it – (please believe when the CCCTS state strenuous, it means strenuous). Where else can one have a red motorcycle play sheep dog assuring one never has trouble. Thanks Al! Denman Island offered a beautiful mixture from the first double grunt climb from the ferry. A short hike to view a baldheaded eagle and lighthouse island (would you believe we used to catch salmon there many moons ago),... Lunch in the sunshine on the beach, the additive hunt for seashells guarded by tiny crabs, a visit to an island potter whose works have captured colors and sheens never seen before, and finally a quiet little lake. Thanks Rowan for your patience and your insight into the treasures of Denman Island. Sara's historical tour of Cumberland was all too short and will require a return visit. But the k's of a down hill cycle to the Kingfisher restaurant was a cyclist's dream topped only by the delicious buffet in the company of fun loving cyclists.

Thank you Gladys and all your team for this well planned and executed Hub and Spoke. It will always be a highlight of my years as a member of the CCCTS.

Joan Engman.

Victoria to Comox.

Randy Fautex.

On Friday several very sad and soggy riders left Big Al's in Victoria and made a wet dash for the Brentwood ferry. A thank-you to Sally, who perhaps out of sheer pity, took our bags in her van and met us on the other side in Mill Bay. But the weather gradually improved and we had four days of enjoyable, fully-loaded riding and camping, and by golly, before we knew it, we were in Comox for the Hub & Spoke.

A thank you to Hans Klein for doing all the legwork (pun intended) and finding such pleasant and convenient camp-sites and for getting us there on such quiet and scenic back roads. The third leg of our journey was highlighted by a much appreciated stop at the Freigangs for coffee and goodies. There was also singing in Qualicum, led by Angela, and early morning calisthenics led by Wendy and Robert, in spandex of course!

Some Memories - Don's very pretty booties, Rolf's scrapes and bruises, Fern's copious tea and dutch baking, good times.

Heartfelt Thanks.

Kim Vogt.

Having just completed my second Hub & Spoke with the Club; I feel compelled to write and express my gratitude and thanks to the wonderful people who worked so hard and gave so generously of their time to make the 2001 Victoria and Comox Valley Hub & Spokes such successful events.

As a novice "Hub and Spoker", I feel particularly grateful for the support and encouragement of ride leaders and sweepers Bill Hook, Jim Grayson, Sara Kirkby, John and Rowan.

And of course Roberto Bardati, Gladys Schmidt, Dora Ellis and Sara Kirby deserve kudos for organizing these events in the first place!

My sincere and heartfelt thanks to you all!

Is there life after Hub and Spoke?

Apparently so, because my life has gone on, although in rather a dull way after the exhilarating experience of last week. I want to thank all the participants for making this such a special event, and particularly Rolf and Hans, Fern, Wendy and Mary. Thanks, too, to the committee,

Sara and Dora for your enthusiasm and

hard work.

And thank you everyone for the lovely piece of pottery which will always remind me of all the kind, appreciative people in the Comox Valley Hub and Spoke. Hopefully, we'll host another such event in 2 years, with some new rides and fresh ideas.

Gladys Schmidt

FitzParsons Ireland Report !

Ireland is low, lying under a green, green patchwork quilt. Travelled to the west by train and did a little cycling, then east by bus to Dublin again. The coast is beautiful where the blue sea meets the land, but the scenery could not be enjoyed while cycling - the roads were too uncomfortable - so narrow that tour buses overlap the center line and have to slow to pass as they meet, nearly touching a rock wall or verge. The fog line is a broken yellow one with proud reflections and the shoulder is the crumbling edge of the road.

Cyclists have equal rights, the motorists are extremely polite and if the roads were smooth "claiming the road" would be a small hardship, but the surface adds to one's discomfort. My "Softride Beam" was well exercised and creaked more than it has ever done. It is not as if the surface is under-maintained, but rather that whenever a hole develops, a dollop of tar is plunked into it and patted down with the back of the spade, making a lot of molehills. I had to keep my eyes on the road and just could not look around to enjoy the scenery. Charming and quaint these roads may be, but I know now that I want shoulders and bike paths.

I am back in Victoria.

I am sending thanks to all my friends who has supported me over the past five months with phone calls, cards and flowers.

It has been a difficult period but with great care given to me by Bill, my strength is returning. I enjoy long walks, but it will be some time before I will be back on my bike. In the meantime I wish you all safe and happy cycling and a great summer.

Sincerely, Barbara A. Faulkner.

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 who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for tours - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for the name of the tour or names for membership." Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour coordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS INFORMATION Guidelines.

Tours 2001 Completed.

Hawaii 2001
Columbia River Dam Tour
Comox Valley Hub & Spoke

Victoria Hub & Spoke.
Victoria to Comox.

Gabriola Circuit.

July 9th - 13th

Art Borron (250) 652 5990
Email artborron@home.com

Self contained Camping tour - pay as you go.

Day 1. Victoria, Brentwood Bay Ferry to Mill Bay to Crofton

Day 2. Crofton to Nanaimo. Day 3. Circuit of Gabriola & return to Nanaimo Campsite.

Day 4. Return Home.

Each person responsible for own expenses; Camp grounds, meals, ferries, etc.

Itinerary will be provided to registered Applicants.

Participants: Art Borron, Sonie Kennedy, Gordon Kennedy, Bruno Freigang, Cathie Freigang

Vancouver Island's West Coast.

July 25th - August 1st

(Room for three more participants)

Diana Lifton (250) 468-5696 Email Lifton@home.com

Max. Participants 20

Deposit required \$ 35 (non refundable unless replacement found)

Fully loaded tour of 30 to 50 km per day.

A fully loaded camping tour (no motor vehicles, no B&Bs or motels) is proposed starting in Nanaimo.

For complete itinerary see April Newsbrief.

Deposit required for reservations on Lady Rose(\$15), Bella Pacifica Campground(\$20). Each person responsible for their own meals. Restaurants at Botanical Gardens (15 min. walk) and Tofino(3km).

Dates have been planned to take advantage of the Monday to Thursday free ride for Seniors on B.C. ferries; \$3 bicycle charge.

Participants: (17) Diana Lifton, Sharlane Fossum, Tom Smith, Katherine Hinman, Rolf Petersen, Brenda Borron, Art Borron, Edward Weinstein, Jackie Weinstein, Jean MacDonald, Martine Donahue, Lyse Godbout, Lesley Bohm, Joan Enman, Don Proudlove, Nancy Heany, Frank Jacobsen

North Okanagan Hubs & Spokes

August 11th - 19th

Dan McGuire - 604-942-3235; danmcg@smarrt.com

Donna Nicholas - 250-861-4083; nicholasdonna@hotmail.com

Participant - no limit

Deposit required \$30 (refundable) for shuttles, one dinner, miscellaneous.

We will have two "Hubs", four nights in Kelowna, then four in Enderby, then back to Kelowna for one night. Cars can be left at Donna's place while we go to Enderby. We will arrange to carry your camping gear from Kelowna to Enderby and back.

We will make tent camping reservations for all, unless you tell Donna or Dan that you have other plans. For list of motels contact us. Kelowna campground has restaurants and motels nearby. Enderby camground has cooking shelter, restaurants and one motel in the town.

Cycling notes: Route info will be provided so routes of Aug 12th and 13th can be interchanged, as can Aug 16th, 17th, and 18th. Shortcuts are possible some days but the cyclist will miss part of the route described. For cycling on rough roads and the KVR, grip handlebars tightly and use about 32 mm wide tires.

Itinerary:

Aug 11th - arrive Kelowna - Willow Creek Family Campground, 3316

Lakeshore Road, Kelowna (Phil), Ph:250-762-6302 Fx:250-763-3691

Aug 12th - cycle city, Waterfront Park, Knox Mountain, Mission Creek Greenway, Bertram Creek Park, wineries; 48 km - shortcut available.

Aug 13th - cycle north via Winfield, Gray-Monk winery for lunch, return through downtown Kelowna; 61 km - shortcut available.

Aug 14th - drive or cycle to Donna's for breakfast, leave cars while cycling to Enderby, bus shuttle to KVR, cycle Myra Canyon, McCulloch, Hwy #33 return to camp; 78 km - shortcut available.

Aug 15th - camping gear carried in truck; cycle via Vernon and Armstrong to Enderby; Riverside RV Park, 112 Kildonan Ave, 250-838-0155

Aug 16th - cycle the Shuswap river to Mable Lake, store, burger shop available at lake, back to camp; 73 km - turn back anytime for shortcut.

Aug 17th - cycle via Glenemma, along Salmon River, through Salmon Arm, back to Enderby camp; 83 km.

Aug 18th - cycle along the Shuswap River and Mara Lake to Sicamous, and west to viewpoint on Shuswap Lake, then cycle back to Enderby camp; about 85 km - turn back anytime for shortcut; group dinner by Legion Ladies Auxiliary included in registration.

Aug 19th - cycle via Armstrong, Otter Lake, O'Keefe Ranch, west side Okanagan Lake to Kelowna camp; 100 km - shorter and less hill from O'Keefe via Vernon, about 97 km; shuttle for car pickup or wait until next day; group dinner for those staying overnight.

Participants: (46) Dan McGuire, Peter denBoer, Ray Wright, Laureen Morling, Josie Zewiec, Brian Pollard, Myma Pollard, Bob Miller, Mary Eickhoff, Jan Johnson, Art Borron, Brenda Borron, June Gallagher, Rose Tanchak, Margaret Fyfe, Jo Anne Hamilton, Eleanor Bannister, Bruce Ross, Walter Griffioen, Marion Griffioen, Sally Svensson, Beverly Wagner, Ness McCulley, Michael Goldberg, Roy Barrows, David Brooks, John Peck, Donna Nicholas, Jim Grayson, Ute Grayson, Ivan Paravan, Margot Paravan, Glen Smith, Jean Smith, David Brown, Virginia Brown, Bruce McLean, Nan Bryant, Shirley Fisher, Sara Kirkby, Carl Rorison, Emmy Matte, Jean Richards-Carter, Chris Chan, Sandy Kirk, Glenda Kirk.

Grand Forks Hub & Spoke:

August 20th -23rd

Glen Smith - 604-521-1007; gsmith@smartt.com

Registration Fee \$ 10

Other costs: User pay

Participants - no limit

For complete itinerary see May Newsbrief.

A camping centered Hub & Spoke from Grand Forks for four nights. Motels and restaurants nearby. Cycle tours in the rural Kettle and Granby River Valleys, and Border Country, Doukhobor and Pioneer museums and cultural Centre.

It will be the participants' responsibility to arrange and pay for their own accommodations and meals.

There are 52 members registered for the Grand Forks Hub and Spoke. I suggest that you pre arrange your accommodations. The campsite is managed by the Grand Forks Chamber of Commerce:

Attention Loretta Robinson,

7362-5th st., Grand Forks BC. PO Box 1086. Phone (250) 442-2833; e-mail <gfchambe@sunshinecable.com> or fax (250) 442-5688:

Upon booking , mention that you are with the CCCTS tour and they will try to keep the group together. There are a limited number of RV sites.

1.Riverside Motel

7351 Highway 3, Box 1027 Grand Forks, BC V0H 1H0

Ph: (250) 442-2259

2.Johnny's Motel

Box 876 7291 Highway 3, Grand Forks, BC, V0H 1H0

Phone: (250) 442-8242, Fax: 442-0608

Riviera R.V. Park & Campground

6331 Highway #3, East, Grand Forks, BC, V0H 1H9

Phone: (250) 442-2159, Fax: 442-1299

There is more information on the club website. <http://www.vcn.bc.ca/cccts/> follow the links to tours and click on accommodation in the write up for the Grand Forks Tour.

Registration, reception and Borscht meal is at 5 PM, Slavonic Hall on 71st Avenue, next to RV sites in City Park.

SEE YOU IN GRAND FORKS. " Dobre Day"

Participants: Glen Smith, Josie Zewiec, Ray Wright, Laureen Morling, John Peck, Brian Pollard, Myrna Pollard, Mary Eickhoff, Brenda Borron, Art Borron, Peter denBoer, Jo Hamilton, Eleanor Bannister, Bruce Ross, David Brooks, Michael Goldberg, Jim Jeffrey, Shirley Jeffrey, Brian Riggs, Ivan Paravan, Margot Paravan, Milton Orris, Myrna Korstrom, Henry Tingley, Jean Smith, Dan McGuire, Shirley Fisher, Chris Siggers, Andree Milaire, Sara Kirkby, James Spear, Jane Purdie, Carl Rorison, Gerhard Verheul, Emmy Matte, Rolf Petersen, Shirley Sloan, Chris Chan, Myron Kowalyk, Ellen Kowalyk, Sandy Kirk, Glenda Kirk, Ken Smith, John Hardy

Pend D'Oreille Hub & Spoke

Cancelled

Leila Montgomery 604-945-6891; LeilaJack@aol.com

We regret that because of a number of unforeseen and unavoidable conflicts this tour is canceled.

Leila Montgomery has done a lot of work toward this hub and spoke and hopes to be able to organize it for a future date, perhaps in 2002. The club directors wish to thank Leila very much for her work on this tour, and also to apologize for any inconvenience this cancellation may have caused to others.

Danube Bike Trip.

Group #1 Sept 5-29

Group #2 Sept 6-30

John Hickman 604-222-0779 hunterhickman@telus.net

Carl Rorison 604-530-6289 rorison@home.com

Max Bissegger 604-536-3202

This tour is fully booked.

Cost estimate \$1800 (paid in full by 30 Apr.2001)

Max Bissegger has regrettably had to resign the leadership of the tour due to his wife's illness. John Hickman has agreed to join the tour organization team and take Max's place as co-ordinator of Group #1.

Group #1. Co-ordinator John Hickman.

Participants: John Hickman, Margaret Hunter, Dan & Jerry Baris, George Edmonds, Kenneth Hanna, Barbara Weins, Anne Miller, Ron Graham, Panko Ganchev, Ron & Janice Pickerill, Sylvia Mather, Linda Bothwell, Sim Wee, Catherine Mick, Ted & Pat Stubbs, John Cuthbertson.

Group #2. Co-ordinator Carl Rorison

Participants: Carl Rorison, Bruce Ross, Fritz Niebisch, Kurt Frenzel, Anna Markus, Marthe Lambert, Dan McGuire, June Gallagher, Mary Whyte, Barbara Hetzer, Ted & Jantien Golsteyn, Ness McCulley, Sally Svensson, Gene & Gerri Salamatian, Corry Koster, Catherine Lynch, Harvie & Kitty Cocks. Wait list: Don & Maureen Holloway, Josie Zewiec, Frank & Alice Campbell, Des Horan, Barbara Forsyth, Dora Ellis, Kim Vogh, Juby Fouts.

Reminders: A valid Passport is required, make sure it is up to date. It may be necessary to move individuals from one group to another if cancellations occur.

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

Shirley Fisher 604-255-0087

Estimated Cost: \$ 900 plus transportation.

Deposit \$100 with application.

\$400 by August 30th. Balance (\$400) by Sept 30th

Participants: Max. 20

A 16-day tour (with two travel, two rest and 12 cycling days) from Phoenix to Douglas and Nogalas, Mexico and return. Cycling approx. 920 km. For complete itinerary see May Newsbrief.

Air travel arranged by Janett @ Cambie House of Travel. Phone 604-325-7522. Home# 922-7556, Fax# 922-7524. We will book as a group in an attempt to have the bicycles included as luggage.

Participants: (12) Shirley Fisher, Douglas White, Mary Whyte, Robert McInnes, Paul Westmattelman, Art Borron, Brenda Borron, Jim Burnett, Warner Griswold, Judy Jackson, Dorothy Glover, Betty McInnes

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 a.m. at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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 for meeting place, time and destination.

VANCOUVER ISLAND

Victoria.

Sundays - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or

10:00 a.m. at McDonald's, Pat Bay Highway 17.

Contact:Roberto Bardati 389-0091

Rolf Petersen 384-6804

Nanoose/Parksville.

Thursdays - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road.

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursday 10:00 a.m. at Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955 or Dora Ellis 338-9751

OTTAWA

Thursdays -Contact; contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES

Contact Peter Baron 250 372 8392

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____

Newsbrief.



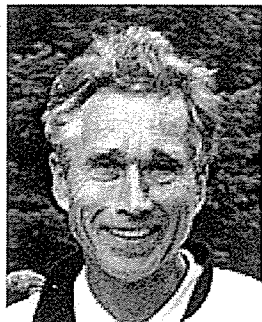
August 2001 Volume 18. Number 7.

The Cross Canada Cycle Tour Society

President's Report.

Rolf Petersen

PThis past month I was lucky enough to be a participant in Diana Lifton's highly successful West Coast tour. One of the nice part of our tours are the diversity; every tour has something new to offer, be it scenery, weather, (the hills are the same) and mainly the meeting and making of new friendships. To show your appreciation for all the effort gone into making these tours possible by your tour - coordinators (and making my job as editor easier), put your impressions on paper and send it by Snail-mail or E-mail for publication in the Newsbrief.



Speaking of tours; we are always looking for members to lead our tours. The office is full of information on past tours; Routes, lodgings, cost estimates, etc. Dan McGuire, your Tour Manager is there to help you in any way he can.

In spite of the dubious weather, 74 members turned out for the Annual Picnic in Vancouver and was treated to a feast put on by Sally Svensson, Events Manager, and her trusty crew (only because I don't know all the names). The Island cyclists were escorted to the picnic site along the scenic by-ways of Ladner by Al, Jean and Gerry. A new batch of Club Shirts was presented by Shirley Fisher. They are now available in most sizes, so get your order in.

A lot a your fellow CCCTS Cyclists are participating in the BC Senior Games in Surrey, August 22nd to 25th, so go out there and cheer them on to do their best.

Bruno Freigang is again heading south on another mission of mercy and is again asking you for T-Shirts and Baseball Caps for young people in need. We managed to collect a bunch at the Picnic but can always use more. If you can get them to the Office we will find a way to get them to Bruno.

With the Okanagan, Grand Forks and Danube trips coming up, the Directors decided to cancel the September meeting (lack of Quorum) and have a good time with the rest of you. About 150 sign-ups for these tours, so go out there and have a great time.

Announcements.

TANDEM TREK Lee and Ken Kraft 360-371-2257
E-mail: kenandleekraft@aol.com

Lee and Ken are organizing a tour for tandems, to take place September 21 to 25 inclusive. Possibly a support-vehicle will be available to carry tents, sleeping bags, etc. The expected cost is approximately US \$75.00 per person.

The itinerary:

Day 1 - leave your vehicles at the Truck Crossing in BC and cross the border to Blaine, then Drayton Harbor Rd to Semiahmoo for lunch; to Birch Bay State Park and set up camp & relax; barbecue dinner at the Kraft's residence.

Day 2 - Cycle to Lummi Shores - lunch at Senior Native Housing; cycle to Ferndale and loop back to the Birch Bay camp; approx. 40 miles.

Day 3 - Off to Bellingham, over Chuckanut Drive (past Larrabee State Park) to Bayview State Park and set up camp; approx 45 miles.

Day 4 - Breakfast at Farmhouse Inn, on to La Conner, sightsee and back to camp.

Day 5 - Back to Truck Crossing and vehicles in BC.

Interested parties should contact Lee and Ken.

The Rockies 2002 by Dennis Parsons.

I want to organize a tour that starts at Canmore to Jasper and back to Canmore; a distance of about 610 Km

The ride between Banff and Jasper must be one of the most spectacular in the world. It has been the highlight of any tour I have taken . Now I want to double my pleasure and also have the chance to ride down Sunwapta Pass for a change. With the sun's changing position through the day we should have differing views of the snow clad peaks and September is a good month for sunshine I would like to do this tour with about 30 people, with a support vehicle and distances over 50 Km only when unavoidable. With days off we could stretch it into a three-week holiday. One of the days off could be used watching the Japanese tourists in Banff and Art Borron has offered to lead a three and half hour hike up Mount Fairview, which overlooks Lake Louise. To drive from Vancouver we might hire a bus and find a driver (I'm looking at you Carl !!). We'll need a Wagonmaster too and an expert in can opening and beer preserving as we will be far from shopping malls

Not taking any names of participants yet but will welcome suggestions and help.

Editors note: This is a proposal only, please contact Dennis direct, not the CCCTS office. Phone 250-881-1170

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 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors Fax: 250-384-6804 or E-mail: rolf.p@home.com

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

For Further information Contact:
THE CROSS CANADA CYCLE TOUR SOCIETY.
6943 Antrim Avenue, Burnaby, BC V5J 4M5

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

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Barton Howes 250 378 0927 Bartonfave@aol.com

Club Jerseys/Equipment/Tours
Shirley Fisher 604 255 0087

CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

SEPTEMBER

Directors meeting cancelled.
5th to 29th Danube #1
6th to 30 - #2

NOVEMBER

5th - 20th Arizona Tour

DECEMBER

5th Annual Banquet & Dance
13th Victoria Christmas Dinner

OCTOBER

New CCCTS Members

Campbell, John & Wendy 250-652-3368
7717 Seabrook Rd., Saanichton, BC V8M 1M6

Chapnick, Barbara 203-598-7866
J111-9356 SW Maplewood Dr., Tigard, OR, USA 97223.

Covell, Jean 604-437-7806
4130 Garden Grove Drive, Burnaby, BC V5G 4G6.

Fowler, Iris 250-479-2014
989 Nicholson St., Victoria, BC V8X 3L2.

Spinetto, Richard 303-581-9839 (see Freeman)
Freeman, Richard Spinetto & Janet 303-581-9839
4923 Clubhouse Ct., Boulder, CO, USA 80301.

Miles, Bill 604-926-1072
2953 Altamont Cres., W. Vancouver, BC V7V 3C2.

Berenson, Mark 303-449-3948 (see Patterson)
Patterson, Mark Berenson & Charlotte 303-449-3948
4910 Tesla Ct., Boulder, CO, USA 80301.

Richardson, Sandra 604-926-7980
211-2274 Folkstone Way, West Vancouver, BC V7S 2X7.

Saceniaks, Kristine 250-825-2217
RR# S6 C35, Nelson, BC V1L 5P6.

Schuler, Uta 2171 7th Ave., Prince George, BC V2M 1M4.

Stenton, Don & Erica 250-385-9780
3680 Kathleen St., Victoria, BC V8P 3H4.

The Washington Dam Trip that is and what a super trip it was. Many thanks to Dan Barris and Ian Polley for their willingness to contribute their time and talent to organize and lead us on our adventure. Not to be forgotten is Yvonne van Woudenberg, our driver, for her patience and hard work. What would we do without volunteers such as these? Kudos to all of you.

The tour is called the "Cascade Loop" and is about 700 km. We began in a town just south of the border called Oroville and went south from there to Omak where the 'loop' begins. Then from Omak to Grand Coulee to Steamboat Rock, to Ephrata, east to Wenatchee where the route turns North to Chelan (Lake Chelan), Bridgeport, Omak etc. We had a rest day at Lake Chelan, so we cycled 9 days pedalling from 62 km. to 82 km. per day. This terrain was mountainous, not just hilly, as it is here in Victoria. Lots of long, steady uphill grinds and all too quick descents!!



We visited the major dams en route and travelled around some of the lesser ones. The Grand Coulee Dam is very impressive, built during the depression years, a 'make work project' one could say, but also providing long term benefits of electric power for a very large region of the State. Considering when it was built, a magnificent piece of engineering and construction. In fact all of the dams on the Columbia, Okanagan and smaller rivers, have allowed the orchard industry to flourish, while at the same time controlling flooding in the region. I had no idea the apple industry was as big an employer as it is in WA. and did not realize the industry had been thriving since the thirties. You couldn't believe the size of the cold storage facilities, built in the thirties. We were saddened to learn that the apple industry in Wa. is now being threatened by apples coming in from (would you believe) China - at a lower price

We found the people to be very friendly and helpful and what is more important, very considerate of us cyclists on the roads/ highways. When we travelled two lane highways, we were always given a wide berth by all vehicles, and when two vehicles in opposite lanes were converging upon our space on the road, one of them would always stop until one of them had passed us. No angry shouts or honking at us - just friendly courtesies! Wow - were we impressed. We have never encountered that level of consideration anywhere.

The topography varied from desert, to lush orchards and pastoral scenes of meadows covered in tall grass and wild flowers, to deep ravines and rock cliffs looking very much like a small version of the Grand Canyon. We saw many large caves on the cliffs above us reminding us of the days when our forebears inhabited such places. All of the dam sites had excellent exhibits of the history of this part of the northwest and of course, very important to us, clean washrooms and places to have lunch. The area also draws many people who like to fish and hike. The State parks are probably the most beautiful I have ever visited. Well cared for, good, clean facilities and actually patrolled by the rangers. Lake Chelan is a little paradise for those seeking a holiday by clean water in an idyllic setting. When Roy and I looked around us, we likened it to resort spots in Europe. Lake Chelan is one of the cleanest lake I have ever seen. It is also the deepest at something like 1500 feet - it is the third deepest in the U.S.(actually 1,486 feet at its deepest).

We had rain the first night (in Omak), then cool temps with a headwind no matter which direction we were pedalling! During the last week, the temp climbed to 90 - 95 F. The only scary event was a terrific sand storm on the last night of our trip. We had ordered pizza for a pizza and beer party to celebrate the end of our adventure. It had been a lovely day with sunshine and high temps. As we sat down to eat, we noticed a large dark cloud forming on the horizon behind us. We kept an eye on this and very soon, we could see something on the horizon, sort of at the bottom of the cloud. Didn't look like rain, rather beige in colour. Well, as it got closer to us, we became rather suspicious. The wind came up, I took one more look and bolted for the tent, to be sure all was zipped up securely. I looked up and this wall of sand hit us at high speed, pelting our skin the way sleet does. Roy and a couple of others plastered themselves over the tables, having wrapped all that was on them in the tablecloths to prevent their being taken by the wind. I couldn't see anything so stayed in the tent. Well, I prayed pretty hard I can tell you that I wouldn't be travelling to Kansas right then and there. Our tent survived, but the entire frame came down on me a couple of times during the storm, but thankfully righted itself stubbornly. (When I was cleaning the tent at home, I noticed one of the struts had actually been bent by the force of the wind!) I peeked out occasionally and after about 10 minutes, I could see so I ventured out. What a sight! Coffee pots, kettles, pots and pans, bikes, all over the place. One tent had collapsed entirely and three people were sitting on it to keep it in place. Even a picnic table had been pushed along by the wind up against a cable fence around the campsite. As we could now see, we set about to traverse the campsite looking for all our belongings and luckily we retrieved everything. The wind quietened and the sun shone again, blue sky - as if nothing had happened. Incredible! It was the closest to being in a tornado any of us had ever experienced and that being over, do not wish to ever encounter again!

It was a great trip all in all - and one of the few when I have actually trimmed down visibly on completion. I guess doing 60 - 80 km a day would do it.

From the time that I was a small child, I had heard many stories about World War One. I had also spent a good deal of time listening to the radio as the wars of the 1930s were described. It was on the 19 May 1940, however, that I ceased to be a passive listener and became an active participant in the events that were destroying Europe and that brought an end to my youth.

From 1935 to 1939, the Japanese bombarded China and occupied the north of the country. The Italian dictator Mussolini captured Ethiopia and thus completed the era of colonial conquest. General Franco, with help of Mussolini and Adolph Hitler, overthrew the democratically elected government in Spain, an action that resulted in the Spanish Civil War, which itself became a testing ground for new German armaments. Then Hitler invaded in quick succession Austria, Czechoslovakia, Poland, Denmark, and Norway. Finally, in May 1940, it was the turn of Holland, Belgium and France.

In the spring of 1940, on our farm in the north of France, we were waiting from day to day for the attack of the German army. Anxiety reigned; The faces of the adults reflected the seriousness of the moment. We were grouped around the radio, which informed us every hour of the dramatic situation that was evolving so quickly on the fateful day that was the 10 May 1940.

The great German offensive, the event that was to turn our lives upside down, had begun. The aerial combats that were taking place on this first day in the skies over our farm only confirmed for us the reality of the coming calamity. The advance of the German troops across the forests of the Ardennes in Belgium and in France was rapid, and on the 15 May, the radio told us of the imminent arrival of the enemy forces in our district, which was 20 kilometers from the Belgian frontier.

About a week earlier, my parents had sent my youngest brother, who was eight at the time, and my recently married sister to stay with her mother-in-law, who lived near Moulins in the centre of France.

On the night of the fifteenth, my parents decided that we too-my brothers, aged seventeen and nineteen, and myself, aged fourteen, had to leave at dawn. As for my parents, who considered themselves old at this time, even though they were only forty-eight and fifty-one, they would stay at the farm and face whatever consequences awaited them.

They had spent all of World War One behind the German lines within hearing distance of the cannon and the other sounds of battle. For them, then, there was never any question of leaving the farm and thus abandoning their patrimony and starting over. They said, "We have already lived with and endured the 'Boches' for four years; We are not afraid of them!" In World War One the farm of my maternal grandparents was almost totally destroyed at the beginning of 1914; The only building that remained was the henhouse, and there they lived with their fourteen children for four years until the war ended in 1918. If

my mother and father had realized at the time the cruelty of Nazism, however, they might well have acted otherwise.

On 16 May 1940, then, my mother woke us up, gave us breakfast, and bade us farewell. We were all in tears from the sadness and the anguish of our parting. About 5:30 am, we left on our bicycles for Moulins. Each of us carried a small bundle of clothes, some money, and a little food. At 10:30 that morning, the Germans arrived at the farm. That same day, in spite of the chaos that we found on the roads, we managed to pass a column, almost a hundred kilometers long, of French and Belgian refugees. Part of the great exodus ("L'Exode"), they were huddled in all sorts of horse-drawn wagons, tractors, cars, wheelbarrows, baby carriages, and bicycles. They carried with them as many of their household goods as they could. As their escort, courtesy of Adolph Hitler, they had German planes that took pleasure in gunning them down from time to time. Luckily, we did not have to undergo this treatment.

On the evening of 16 May, after having cycled about 160 kilometers, we arrived at Montmirail, and on the outskirts of this small town, we found on the right a farm where we were able to sleep for the night on some straw in the barn. Having been on the road for almost fifteen hours, our exhaustion obviously showed in our haggard looks. I shall always remember the farmer's wife, who must have been about the same age as my mother, as she greeted us with tears in her eyes as we arrived. I still cannot think of this scene, even less describe and talk about it, without becoming very emotional.

The next day we cycled approximately another 160 kilometers to near the city of Auxerre, and the day after we did about 180 kilometers to arrive at Moulins on 18 May 1940.

During the rest of the war, I had many other adventures; in September 1940, for example, I left the 'Free Zone,' where I had taken refuge, and crossed clandestinely the 'Occupied Zone' in order to return to my parents farm in the 'Forbidden Zone.' The memory of these three days in May 1940, however, has always remained very clear for me, and for many years I have dreamed of doing this trip again and of covering the same ground in the same three days. Since my retirement I have cycled between five and six thousand kilometers a year.

So finally I have decided, sixty-one years later, to repeat this voyage of my youth, before the weight of old age obliges me to give up my favorite pastime.

In this tour, which took place between 16 and 19 May 2001, I was accompanied by Dr. Glen Smith, an excellent cyclist and a former Olympics in Melbourne, Australia in 1956 and Dan McGuire, who successfully completed the Paris-Brest-Paris bicycle marathon in 1979, 1983 and 1987 and continues to cycle a good deal in France.

By Andre' Milaire.

Reflection and Appreciation.

This summer my desire to cycle from Victoria to Jasper was finally attained. Cycling with Roberto and Sonja Bardatti we had days filled with sunshine (except for a sprinkle in Mission and a downpour in Hope) and companionship.

We only lost Sonja twice on the first day. The plan was that Sonja would go ahead with the car and establish a campsite, then would cycle back to meet us at certain points. Not able to find the sign for the Albion ferry, where she was to meet us, she ended up at the Albion Recycling Depot, completely missing Roberto and I. Highlight of the day: as we were fretting about where Sonja was, a motorist stopped us to let us know that she was behind us and wanted us to stop so she could catch up!

Day 2, Roberto drove to Hope from Mission and Sonja cycled with me. It was a beautiful ride on highway # 10 to Hope. Dark clouds loomed so we thought it a good idea to get a motel room as we had the Coquihalla to tackle the next day.

Day 3, Roberto and I set off in rain, thankfully the wind was at our backs. It was a good steady climb. When I saw the signs for the chain up area, I knew the climb would get steeper. It was at this time a Heraclitus quotation ran through my head, "The road uphill and the road downhill are one and the same." At one point I couldn't see Roberto due to the fog. Slowly but surely we reached the summit, and reaching the toll booth the weather started to clear. We met Sonja at the Cold Water Road exit and rejoiced upon leaving the noisy Coquihalla to cycle on the quiet country road into Merrit.

Day 4, Merrit to Kamloops; we had a good ride, sunny, beautiful and one challenging hill to climb before reaching the campground.

Day 5, next leg was from Kamloops to Clearwater, our longest day of the trip, 137 km ride.

Day 6, Clearwater to Blue River, my favorite section so far going alongside the Thompson River. Once again we had beautiful weather. The distances flew by us steadily as we were enjoying the scenery so much!

Day 7, Blue River to Valemont; Roberto and I suffered from mental headwinds. We were thinking too much about the BEARS. Saw many bear droppings on the roadside. Finally we met Sonja at a rest stop on top of a 3 km hill. We stayed at a B&B in Valemont and enjoyed a meal out.

Day 8, the last day of our trip, Valemont to Jasper; Roberto and I realized we had not eaten enough the day before so we had a good breakfast and packed salmon sandwiches for our ride. At Mt. Robson we rested and a thought entered my mind, salmon\ bears ... I told Roberto that we were bear bait, packing salmon in our panniers. Roberto didn't like the words 'bear bait' so we sat down and ate all the sandwiches even though we weren't hungry yet. Sonja met us at the BC - Alberta border and we cycled to the campsite together. The mountains are so beautiful!

Last summer I became a CCCTS member and I have met some very fine people. I especially want to thank Rolf Petersen, Roberto and Sonja Bardatti, Hans Klein, Jean MacDonald and George Setterfield. They have all been very helpful and have inspired me to be a better cyclist. Not only better but faster in my attempts to keep up to them.

Thank you to a great club.

Sharlane Fossum

Ladner

Thirteen riders met for the Ladner ride even tho' the weather looked ugly but later the sun poked through clouds for a lovely afternoon.

At Ricky's that evening, 38 met for the birthday bash dinner and cake. There were two birthdays to be celebrated: Janice Pickerill and Margaret Fyfe. Neither seemed surprised to be presented with a huge cake topped with blazing candles and valiantly blew out the flames. They graciously accepted cards filled with best wishes from all.

After the cake Andre Milaire was asked about his (and Dan McGuire and Glen Smith) 500 km. ride in 3 days in France this past May. Andre explained that 61 years ago he and his two brothers had ridden that same ride in 3 days at his parents' urging in order to escape the German invasion. Imagine the condition of the roads as well as bikes - it must have been more difficult then but youth helps. Well-done Andre (twice).

Sports Equipment subject to Excess Charges

Air Canada carries the following sports equipment as excess baggage at a reduced fee. Please note it cannot be substituted for the free baggage allowance.

There are fixed charges for the carriage of bicycles on North American routes: within Canada - \$ 65 CAD to/from United States - \$65 CAD/\$ 50 USD.

The bicycle must be prepared as follows, prior to arrival at the airport: fix the handlebars sideways and remove the pedals. Place the bicycle in the plastic bicycle bag provided by Air Canada at the airport. Bicycle suitcases containing collapsible bicycles are also accepted.

Note: Bicycles are carried as part of the free baggage allowance on International flights (including Star Alliance™ carriers).

HELPFUL HINTS !

By Bob McInnes.

Seeing some CCCTS'ers struggle with straps to secure sleeping bags and tents on their racks, I am reminded that there is a better way to secure luggage on the rack, in addition to the panniers. Sold in motorcycle stores is a bungee cord cargo net, with six or more hooks, which is secure, easy to use and highly flexible for additions and subtractions to the load. A small size one does well on a bicycle. It requires retrofitting some loops on the top of the panniers to provide side fastening. Another small tip for self-contained touring - a waterproof bag from a kayak store is a great sleeping bag stuff bag. Even if caught by a flood, your sleeping bag will be dry!

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 who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for tours - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour coordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for **TOUR COORDINATORS INFORMATION Guidelines.**

Tours 2001 Completed.

Hawaii 2001	Victoria Hub & Spoke.
Columbia River Dam Tour	Victoria to Comox.
Comox Valley Hub & Spoke	Gabriola Circuit
Vancouver Island's West Coast	

North Okanagan Hubs & Spokes

August 11th - 19th

Dan McGuire - 604-942-3235; danmcg@smarrt.com
Donna Nicholas - 250-861-4083; nicholasdonna@hotmail.com

Participant - no limit

Deposit required \$30 (refundable) for shuttles, one dinner, miscellaneous.

Call Dan or Donna to register (as well as office), but don't send \$30 deposit, bring it to the rides.

We will have two "Hubs", four nights in Kelowna, then four in Enderby, then back to Kelowna for one night. Cars can be left at Donna's place while we go to Enderby. We will arrange to carry your camping gear from Kelowna to Enderby and back.

We will make tent camping reservations for all, unless you tell Donna or Dan that you have other plans. For list of motels contact

us. Kelowna campground has restaurants and motels nearby. Enderby camground has cooking shelter, restaurants and one motel in the town.

Cycling notes: Route info will be provided so routes of Aug 12th and 13th can be interchanged, as can Aug 16th, 17th, and 18th. Shortcuts are possible some days but the cyclist will miss part of the route described. For cycling on rough roads and the KVR, grip handlebars tightly and use about 32 mm wide tires.

Itinerary:

Aug 11th arrive Kelowna - Willow Creek Family Campground, 3316 Lakeshore Road, Kelowna; **\$18/tent (2 or more), \$12 single person;** **Registration 4:00 to 6:00 pm**

Aug 12th - cycle city, Waterfront Park, Knox Mountain, Mission Creek Greenway, Bertram Creek Park, wineries; 48km shortcut available.

Aug 13th - cycle north via Winfield, Gray-Monk winery for lunch, return through downtown Kelowna; 61 km - shortcut available.

Aug 14th - drive or cycle to Donna's for breakfast, leave cars while cycling to Enderby, bus shuttle to KVR, cycle Myra Canyon, McCulloch, Hwy #33 return to camp; 78 km - shortcut available.

Aug 15th -camping gear carried in truck; cycle via Vernon and Armstrong to Enderby; Riverside RV Park, 112 Kildonan Ave, 250-838-0155 **Group dinner by Legion Ladies Auxiliary,** included in registration (**rescheduled**)

Aug 16th - cycle the Shuswap river to Mable Lake, store, burger shop available at lake, back to camp; 73 km - turn back anytime for shortcut.

Aug 17th - cycle via Glenemma, along Salmon River, through Salmon Arm, back to Enderby camp; 83 km.

Aug 18th - cycle along the Shuswap River and Mara Lake to Sicamous, and west to viewpoint on Shuswap Lake, then cycle back to Enderby camp; about 85 km - turn back anytime for shortcut.

Aug 19th - cycle via Armstrong, Otter Lake, O'Keefe Ranch, west side Okanagan Lake to Kelowna camp; 100 km - shorter and less hill from O'Keefe via Vernon, about 97 km; shuttle for car pickup or wait until next day; **Group dinner at the Carvery (short walk from campground) 6:00 to 7:00 pm**

Participants: (54) Dan McGuire, Ray Wright, Laureen Morling, Josie Zewiec, Brian Pollard, Myrna Pollard, Bob Miller, Mary Eickhoff, Jan Johnson, Art Borron, Brenda Borron, June Gallagher, Rose Tanchak, Margaret Fyfe, Eleanor Bannister, Bruce Ross, Walter Griffioen, Marion Griffioen, Sally Svensson, Beverly Wagner, Ness McCulley, Michael Goldberg, Roy Barrows, David Brooks, John Peck, Donna Nicholas, Jim Grayson, Jte Grayson, Ivan Paravan, Margot Paravan, Glen Smith, Jean Smith, David Brown, Virginia Brown, Bruce McLean, Nan Bryant, Shirley Fisher, Sara Kirkby, Carl Rorison, Emmy Matte, Jean Richards-Carter, Chris Chan, Sandy Kirk, Glenda Kirk, Hans Klein, Jean Horrocks, Jean Covell, Wally Hnatiuk, Betty Darvell-Jones, Rae Sinclair, Norma Sinclair, Jim Burnett, Richard Spinetto, Janet Freeman.

Grand Forks Hub & Spoke:

August 20th -23rd

Glen Smith - 604-521-1007; gsmith@smartt.com

Other costs: User pay

Registration Fee \$ 10

Participants - no limit

For complete itinerary see May Newsbrief.

A camping centered Hub & Spoke from Grand Forks for four nights. Motels and restaurants nearby. Cycle tours in the rural Kettle and Granby River Valleys, and Border Country, Doukhobor and Pioneer museums and cultural Centre.

It will be the participants' responsibility to arrange and pay for their own accommodations and meals.

Registration, reception and Borscht meal is at 5 PM, Slavonic Hall on 71st Avenue, next to RV sites in City Park.

I have just got off the phone with Loretta (Grand Forks Chamber of Commerce) phone 1-250-442-2833 re accommodations (tents and RV) at the city park. She advises me that RV sites are \$18.00 with a hook up and 16.50 without hookup. There are 12 Regular Tent sites at \$12 per site and that gets you a picnic table and fire pit. The rest of tenting goes to overflow camping with no tables or fire pits and parking in the regular parking lot. The cost for overflow camping is \$ 4.00 per tent. I am advised that there will be an attendant at the campsite from 1 P.M. to around 8 PM for you to register with and pay for your stay. They **DO NOT TAKE** Credit or Debit Cards . You can pay by cash or personal check. The Chamber of Commerce would prefer that you prepay your accommodation.

Mail to Grand Forks Chamber of Commerce, 7362-5th street, PO Box 1086, Grand Forks BC V0H 1H0.

ALSO: If you have made a reservation and change your mind about coming. PLEASE LET them know, otherwise they will be turning away other vacationers. There are 12 persons indicated they are interested in the wind up meal on Thursday pm Aug. 23/01. Please let me know if you haven't notified me yet. If we can get 25 participants, we get a private dinning room.

1.Riverside Motel

7351 Highway 3, Box 1027 Grand Forks, BC V0H 1H0

Ph: (250) 442-2259

2.Johnny's Motel

Box 876 7291 Highway 3, Grand Forks, BC, V0H 1H0

Phone: (250) 442-8242, Fax: 442-0608

Riviera R.V. Park & Campground

6331 Highway #3, East, Grand Forks, BC, V0H 1H9

Phone: (250) 442-2159, Fax: 442-1299

SEE YOU IN GRAND FORKS. " Dobre Day"

Participants: (56) Glen Smith, Josie Zewiec, Ray Wright, Laureen Morling, John Peck, Brian Pollard, Myrna Pollard, Mary Eickhoff, Brenda Borron, Art Borron, Peter denBoer, Jo Hamilton, Eleanor Bannister, Bruce Ross, David Brooks, Michael Goldberg, Jim Jeffrey, Shirley Jeffrey, Brian Riggs, Milton Orris, Myrna Korstrom, Henry Tingley, Jean Smith, Dan McGuire, Shirley Fisher, Chris Siggers, Andree Milaire, Sara Kirkby, James Spear, Jane Purdie, Carl Rorison, Gerhard Verheul, Emmy Matte, Rolf Petersen, Shirley Sloan, Chris Chan, Sandy Kirk, Glenda Kirk, Ken Smith, John Campbell, Wendy Campbell, Ken Smith, John Hardy, Derek Holden, Jantien Golsteyn, Hans Klein, Jean Horrocks, Mark Berenson, James Wolff, Charlotte, Patterson, John Peck, Rae Sinclair, Norma Sinclair, Kristine Saceniaks, Richard Spinetto, Janet Freeman.

Danube Bike Trip.

Group #1 Sept 5-29

Group #2 Sept 6-30

John Hickman 604-222-0779 hunterhickman@telus.net

Carl Rorison 604-530-6289 crorison@home.com

Max Bissegger 604-536-3202

This tour is fully booked.

Cost estimate \$1800 (paid in full by 30 Apr.2001)

Max Bissegger has regrettably had to resign the leadership of the tour due to his wife's illness. John Hickman has agreed to join the tour organization team and take Max's place as co-ordinator of Group #1.

Group #1. Co-ordinator John Hickman.

Participants: John Hickman, Margaret Hunter, Dan Baris, George Edmonds, Kenneth Hanna, Barbara Weins, Ann Miller, Ron Graham, Panko Ganchev, Ron & Janice Pickerill, Linda Bothwell, Sim Wee, Catherine Mick, Ted & Pat Stubbs, John Cuthbertson, Josie Ziewiec, Frank Campbell, Alice Campbell

Group #2. Co-ordinator Carl Rorison

Participants: Carl Rorison, Bruce Ross, Fritz Niebisch, Anna Markus, Marthe Lambert, Dan McGuire, June Gallagher, Barbara Hetzer, Ted & Jantien Golsteyn, Ness McCulley, Sally Svensson, Gene & Gerri Salamatian, Corry Koster, Catherine Lynch, Harvie & Kitty Cocks, Sylvia Mather, Kurt Frenzel

Reminders: A valid Passport is required, make sure it is up to date.

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35
Male Female

Name(s): _____

Address: _____ Postal Code: _____

Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

Arizona 2001

November 5th - 20th
Shirley Fisher 604-255-0087

Estimated Cost: \$ 900 plus transportation.
Deposit \$100 with application.
\$400 by August 30th. Balance (\$400) by Sept 30th
Participants: Max. 20

A 16-day tour (with two travel, two rest and 12 cycling days) from Phoenix to Douglas and Nogalas, Mexico and return. Cycling approx. 920 km.

Itinerary : Monday - Arrival Phoenix; Tuesday - Coolidge or Florence, 86 km; Wednesday - BiosphereII, 104 km; Thursday - Tucson, 72 km; Friday - Rest day; Saturday - Benson, 75 km; Sunday - Tombstone, 40 km; Monday - Bisbee, 40 km; Tuesday - Rest day; Wednesday - Douglas, 40 km; Thursday - Sierra Vista, 86 km; Friday - Nogales, 100 km; Saturday - Tucson, 64 km; Sunday - Casa grande, 119 km; Monday - Phoenix, 91 km; Tuesday - Fly Home

Air travel arranged by Janett @ Cambie House of Travel. Phone 604-325-7522. Home# 922-7556, Fax# 922-7524. We will book as a group in an attempt to have the bicycles included as luggage.

Participants: (14) Shirley Fisher, Douglas White, Mary Whyte, Robert McInnes, Paul Westmattelman, Art Borron, Brenda Borron, Jim Burnett, Warner Griswold, Judy Jackson, Betty McInnes, Dan McGuire, Ken Meleskie, Annette Meleskie

Wednesdays:

West Vancouver - Meet at 9.00 a.m. at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.
For info. Contact West Vancouver Seniors' 925-7280
(Courtesy only - not a CCCTS Ride)

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 for meeting place, time and destination.

VANCOUVER ISLAND

Victoria.
Sundays - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza
Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17.
Contact: Roberto Bardati 389-0091
Rolf Petersen 384-6804

Nanosee/Parksville.

Thursdays - 10:00 a.m. at Nanosee Place, 2925 Northwest Bay Road.
Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays 10:00 a.m. at Tim Horton's at Superstore Mall.
Contact Gladys Schmidt (250)338-8955 or Dora Ellis 338-9751

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:
Vancouver - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.
Contact Bob Douglas 435-3893

Tuesdays/Thursdays:
Ladner - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.
Contact Al Hollinger 946-1347

OTTAWA

Thursdays -Contact; contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group
Contact Joan Engman 403-288-7910

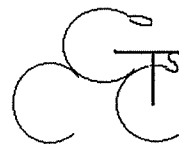
KAMLOOPS RIDES

Contact Peter Baron 250 372 8392

CCCTS WAIVER

I/we, _____
understand that participation in a
CCCTS bicycle event involves risk of
injury to my /our person(s), health and
damage to property. These risks are
inherent in cycling.
I/we accept these risks and agree not to
hold responsible or sue the organizers
and volunteers and their agents,
designatees or employees for liability for
any death, loss, or injury to my/our
person(s), health or property however
caused including their negligence.
I/we have had the opportunity to read
this waiver carefully and understand that
by signing it, I/we may lose my/our right
to sue.
Signature(s): _____
Date: _____

Newsbrief.



September 2001 Volume 18. Number 8.

The Cross Canada Cycle Tour Society

President's Report.

Rolf Petersen

Another month has rolled by and two more tours successfully completed, well attended by over 100 happy cyclists. Dan, Donna and Glen deserve a lot of credit for introducing us to new areas in cycling. They should be an inspiration for other members to put on tours in their neck of the woods.



And so Dennis Parsons has, albeit a little late, yet another Gabriola tour for us. This has been a great one in past years and is sure to be again, but get your name in fast. The starting date is September 17th for more complete information look under CCCTS Tours.

I was lucky enough to be able to participate in the Grand Forks tour and meet a lot of old friends and make new ones. Some were a real inspiration: Like Glenda who came to me with a big smile on her face "Guess what, my first 100 km ride". My answer having done the same route," but I only did 92"? "I cycled around downtown till I made 100 km". Or the Lady who had at the most done 10 km to the corner store and that day did over 90 km. Talk about inspiration and this is what makes a lot of our tours so great, the goals achieved by you and others. Hint: Hope for some input for Newsbrief!

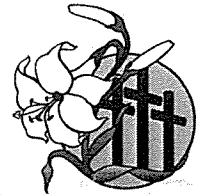
For my own part, both Sally and I are in the process of packing and will be moving from Victoria to Qualicum Beach "Up Island" in the middle of September.

After living in one place for 22 years and being a member of CCCTS for 9 years you form a lot of attachments and make a lot of friends. I am dearly going to miss my cycling buddies but still hope to make many visits throughout the year and look forward to meeting up again with friends in The Parksville and Comox area.

The Danube Bike trip is well underway and we wish both groups, GUTE REISE (my German isn't the greatest).

In conclusion; Congratulations to all our members that participated and represented us so ably in The BC Seniors Games in Surrey.

In Memoriam: Ian Cassie.



We have said goodbye to a brave, outspoken, kind and considerate gentleman; a man who would shout loudly against even a hint of corruption or injustice.

He was a great cycling companion.

He had done the tour across Canada in 1983 as an original member of our Society.

I met him on Cross Canada '86 and we soon formed a routine that we continued on all our other tours; last ones out of camp and last ones in (except when on kitchen duty).

We stopped at every cafe along the way, where he would enjoy his toast and jam.

To those around his tent he told stories at night in his sleep.

He wore some outlandish costumes, but then, why should he hurt the feelings of those in his family who had given them to him?

There are so many more anecdotes that will be repeated around picnic tables on our tours .

He was an irascible (I once asked him if I could call him that and he agreed) and a tough old bird and we loved him.

Dennis Parsons

Hi Vancouver Island's West Coast Tour Cyclists *(News Item)*

Jean MacDonald, from Esquimalt, has captured all the gold medals in the cycling events, in the women's 55-59 age range, in the BC Senior Games.

Congratulations, Jean

By Frank Jacobsen.

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 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor.

Submit items for publication to Office or Editors Fax: 250-384-6804 or E-mail: rolf.p@home.com

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

For Further information Contact:
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WEB-Site: www.vcn.bc.ca/cccts/

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CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

SEPTEMBER

Directors meeting cancelled.
5th to 29th Danube #1
6th to 30 - #2

NOVEMBER

5th - 20th Arizona Tour

DECEMBER

5th Annual Banquet & Dance
6th Annual General Meeting
13th Victoria Christmas Dinner

OCTOBER

New CCCTS Members

Husband, Kim & Bernice 604-522-3873
1135 Quayside Dr., New Westminster, BC V3M 6J4.

Mattingley, Roger & Alison 156-973-0081
The Anvil, Netherley, Stonehaven, Scotland. AB39 3QR.

St-Amant, Doris 418-841-3182
31 Sigouin, Charlesbourg, QC G2M 1N8.

Svensson, Leif & Irja 250-338-1265
4673 Gailous, Courtenay, BC V9N 5Y3.

Ward, Frank & Sonia 604-929-3059
412 Roslyn Blvd., North Vancouver, BC V7G 1N9.

Ladner Birthday.

Another year has rolled by for four of our members on this birthday celebration of the month of July. Joan Romsey, Fritz Niebish, Anne Marie Labourdette and Al Holinger. 28 members were present and of course as usual Al paid for the whole event. Thanks Al.

Ron & Janice Pickerill wrote lyrics dedicated to Al which we sang to the melody of a familiar hymn. Al does more than just lead our cycle group, he is also an important part of the Dragon Boat Festival, blasting off the starts of the races with his very own home made cannon, replica of the civil war.

Does he pull it down there on his bike with his bungy cord? You never know with Al. He says he starts at 5 am. Who knows—nobody is around to see.

Collaborated report by Alyce McKay, Martin McCready, & Betty Darvell Jones.

(Received by Newsbrief Editor, 1 Sep. 2001)

Le Tour de Tofino (The Wild West)

Twass the night before the tour, and all through my tent
My body was shaking, my energy spent

Never done this before, don't know what to expect
But I know right now I am an emotional wreck

Got to Parksville very early, and what did I see
Lots of bike people around, and two dogs going for free

This lady came over who I could barley understand
Said she was from Scotland, or some foreign Land

They all look fit, and it seems they have done this before
Where I have barely made it to the corner store

Finally morning arrives, and fate must be kind
Cause my new bike shorts have lots of padding behind

The day starts out great cause before riding began.
We loaded all our gear, in the back of this Van

The weather is gorgeous, and I don't want to be late
For the first stop at Coombs, and Coffee-au-lait

So its back on the bike, but something's seriously wrong
I am not going as fast as before, and not before long

I am puffing and panting, and starting to sweat
It's getting harder and harder, my forehead is wet

So I stop poor Rolf, and say my bikes not working
He says peddle harder, its hills that are lurking

So I push real hard, I really start to slog
But who should pass me but Diane and her dog

Just before Port Albemi, the road it did change
What were big hills was now a mountain range

I made that big hill, cause when no one was around
I got off the bike and put my feet on the ground

Pushing is good, and really is no crime
I sure hope so cause I am doing it most of the time

But when someone on a bike happens to appear
It was back on the bike peddling in low gear

Got to the campsite, and ready for bed But its only 2.30 pm,
however I lay down my head

Next thing I know morning has arrived
Start of day 2, and I know I'll survive

Cause we get a great boat trip that last several hours
And arrive in Ucluelet, although the forecast is showers

So its off the ferry, my gear lashed behind
I take my hands off the handlebars and what do I find

My front wheel rises up, at least 6 inches off ground
But if I lean way forward, I can then get around

The ferry ride is awesome, with whales and kayakers to see
And I don't have to ride on this part of the journey

We arrive in Ucluelet and I start on the road
Me and my bike, and my 50 lb. load

Soon the heavens open up, with a horrible sound
On top of my head the rain starts to pound

Pretty soon the rains running right into my socks
But I am sure there's a McDonalds right around the block

But there's nothing in sight, and I am starting to fuss
I trying to find out where you catch the damn bus

My bikes is now going in fits and starts
I even get wet on my very private parts

I arrive in Tofino, I am wet and I am cold
There are no babes in bikinis, like I have been told

It rains and it rains, in my sleeping bag I lie
Surrounded by wet clothes, waiting to dry

But I awake in the morning, to a glorious sight
The sun is brightly shining, things are going to be alright

So I hiked, and I biked, and I ate like a horse
Had the time of my life, and you know of course

Despite the rain and the fog, I had a great time
When signing up for next year, I'll be first in line

Been lots of places, mostly by plane and by ship
But me and my bike had one of the best trips

We had lots of laughs and a great deal of fun
To Diane Lifton, our Leader, you are the one

For without you there would have been no trip
To you many thanks, may your gears never slip

And to those at the last minute, who took their names from the
list

You will never understand the experience you missed

By Tom Smith (The Island Baird)

Diana Lifton led 16 of us across the Vancouver Island, on a "**fully-loaded tour**," from Nanaimo to Tofino and back, during the last part of July. She had warned us several times that there would be "**no motor vehicles, no B&B's, no motels**." So everybody, excluding myself, came fit, ready to cycle. What Diana hadn't counted on was the softheartedness of her wonderful husband, Al. He generously volunteered to take our panniers from Rath Trevor Park in Parksville to Port Alberni on the way west and back again on the way east. His offer was accepted by all except one person chose to carry her own on the way east. Because highway 4, between Port Alberni and Ucluelet, is narrow, windy and shoulderless, Diana chose to take the ferry, Lady Rose, both ways to avoid this section. Because of this, (and Al's generosity) the ride was moderate. The longest daily ride was 50 KM.

So Where's the Hump, Charlie?

A reliable source, a member of CCCTS, warned us of a severe hump between Coombs and Port Alberni, which, he said, was about nine KM long. So, with some trepidation, I watched anxiously for this hump. At 18 KM west of Parksville, I noted a climb of one KM. 20 KM later I measured a rise about 2.75 KM long. We were nearing Port Alberni, I wondered where the heck was this hump. Then there a downhill of about 10 KM going right into Port Alberni. So this was the real hump he was talking about; Though the rough part was coming east, not west. It seemed very steep and I rued the thought of cycling back. As it turned out, it wasn't all that bad, especially as we weren't cycling "fully loaded." To put it in perspective, the climb is just slightly higher than the Malahat.

Some Great Personalities

The two most dominants were really something else. They didn't help set up camp, didn't help take down camp, didn't help cook, didn't help clean up. They didn't even bicycle. They were pulled along in two-wheeled carriages by their loving attendants. Free loaders? No, they were guests, very very special guests. Diana's guest was **Tai Ping**, a male Pekinese, 10 months old, weighing about 19 pounds. Tai Ping is intrepid, afraid of nothing, ready and willing to take on dogs four times its size. Brenda brought **Bisto**, a very sedate spaniel, weighing over 30 pounds and quite willing to ignore Tai Ping. Tai Ping and Bisto were very lovable, adored by everyone. They gave a completely new insight into "a dog's life."

Diana Lifton, from Nanoose, was our tour leader. Together with husband, Al, they have been leading tours for over ten years. Their biggest event was the cross-Canada tour in 1990. They have led numerous tours in BC and have covered every highway with the exception of one stretch in northern BC. What makes Diana especially effective is her serenity and calmness. She never raises her voice, never loses her cool, but always gets her way. She let it be known that this is her last organized tour with the club. Hers is a tough act for anybody to follow.

The strongest and most enthusiastic cyclist was undoubtedly **Wendy Pearson** from West Vancouver. In Port Alberni, she was willing to give up her prepaid cruise on the Lady Rose in order to cycle the rest of the way--fully loaded--a distance of about 132 KM. But, because she didn't want to be a woman cycling alone, because there were no official camping locations between Port Alberni and Ucluelet, because the road was twisty, narrow, with no shoulders, she tried to recruit one of the men to be her cycling partner. We all demurred. Even our young President only had to think for a split second before responding with a definitive "NO!" She was lucky we did; there was considerable rain the next day.

On the way home, she turned down an offer from Al to carry her panniers from Port Alberni to Parksville. She was last seen--yes, fully loaded--just flying up the hump. Perhaps because of excessive speed or faulty brakes, she completely missed Parksville and thus didn't spend the last evening with us at Rath Trevor Park. Our loss.

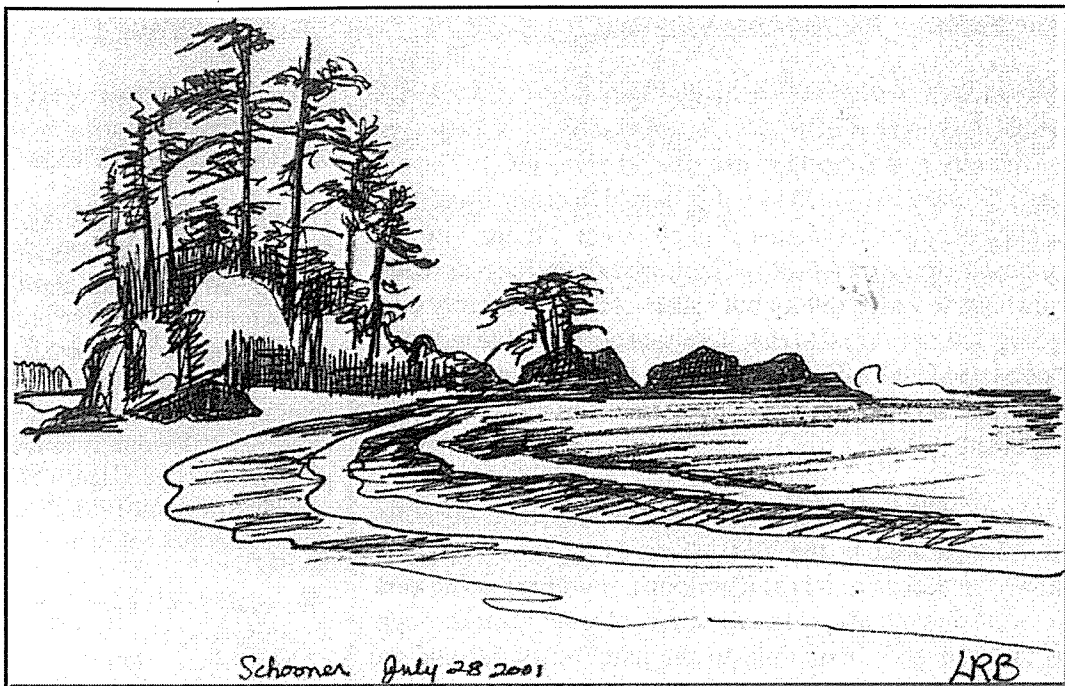
Gracious, genuine and generous, **Jean MacDonald** from Esquimalt was a delight on the tour. One of us would just have to look hungry and Jean would fire up her little stove and make some hearty soup and also provide expensive English cheese. And could she ever cycle. When she passed me, she created such turbulence that pulled me along until she disappeared over the horizon. She is competing in cycling events in the Senior Games this August. My sympathy goes to her competitors.

Every group needs a jester and we were lucky to have **Tom Smith** from Pender Island. In his company there was never a dull moment; he entertained us all with his wit. Some tried to verbally "get him," but quick-on-the-bit Tom invariably got in the last word.

The artist of the group was **Lesley Bohm** from Point Grey. I didn't get to know her well but she did tell me that she enjoyed hiking in to see the bogs. Diana later told me that Lesley always took her painting and drawing supplies along to the bogs and that her finished work was excellent. *(Vancouver Island continued page 5)*

The West Coast.

We had a wonderful trip to Tofino— short days (50K or less), a lift from the Frances Barkley from Port Alberni to Ucluelet giving views of foggy islands going and a week's kayak trip in an hour coming back through the Broken Islands. We had a very soggy ride from Ucluelet, with its vicious little hills, to our Tofino camp. We didn't want to use our last dry clothes in the rain so we took over the dining room of the restaurant at the nearby Botanical Gardens, hung our wet clothes everywhere, and steamed dry through an elegant but nouvelle cuisine (read tiny portions) dinner, then ensconced ourselves by the fireplace for another half hour.



We experienced all the party animals of all the campgrounds until late at night and got up early--you can always sleep at home. I guess "quiet hours" are only in our imagination nowadays. We enjoyed a swim in Cameron Lake, a tour of Little Qualicum Falls, a walk in Cathedral Grove (where I managed to lose my cycle gloves), and wonderful walks in the old growth forests of Pacific Rim Park (free to cyclists and walkers) and beaches and bogs. We never had much rain after the tent-inundating Friday night and enjoyed views of the inlet clearly at sunset, and many dinners out. We were grateful to have our bags trucked over the Alberni summit both ways! 400' west and 1000' east--mercifully in the early morning. An exciting ride downhill into Alberni in front of a logging truck doing 31 mph (my computer refuses kilometers) with no shoulder and the air brakes close behind me signalling some impatience! Nice cycling off the road at the Parksville end, not so nice on the highway from Parksville to Nanaimo--very busy before the new road took off. Too many tossed beer bottles litter the highway edges of Vancouver Island! I spent the long up hills thinking up names for the tossers: Nanaimo numbskulls, Alberni air heads.....

Altogether, with good company and beautiful scenery passing at a pace to enjoy it, we had a wonderful trip. Thanks to Diana Lifton!

Article and sketch by Lesley Bohm.

(Vancouver Island continued from page 4)

Other significant people were **Katherine Hinman** from Florence, OR, **Rolf Petersen**, **Art and Brenda Boron** from Victoria, **Martine Donahue**, **Joan Enman** and **Sylvia Mather** from the Lower Mainland, and **Bob Cochran** from Regina.

The tour was indeed memorable. Everyone really enjoyed each other. The only negative was rain, especially on the way in from Ucluelet to Tofino. Although we all wore rain booties, our feet were soaked. And, as everyone knows, it's no fun pitching tents in pouring rain. If one listened carefully, one might hear the word, "motel," being mentioned--but not often. We did spend significant time in the laundry room, queuing for the dryer and exchanging war stories while Jean was making her wonderful soup for us.

So, thank you, Diana, thanks from all of us, thanks for a great tour.

BC Cycling Coalition.

by Dennis Parsons

Francisca van Loon and her gang have had some influence in the implementation of the following:

A warning that cyclists are in inside is being installed at entrances to one tunnel up the Fraser Canyon.

Railroad crossings are being made safer for cyclists.

A free shuttle is now operating through the George Fraser Tunnel. For schedule click on www.th.gov.bc.ca/bchighways/massey/massey.htm or dial 660 9762

The Scoop on the Kamloops By-Pass.

The recommended bike path through Kamloops on the Trans. Canada from the west, is to descend to the old parts of the city and from the east, stay at river level. The bypass freeway is limited to vehicles which can maintain 60 kmph. Going west to east it is all down hill and you can almost do that and lots do.. There are exit and access roads you have to watch out for but I suspect it is reasonably safe going downhill west to east if you are comfortable with the speed and fast traffic. Going east to west is uphill and you would be on the bypass for a long time and most likely be reported

If you want to do the Coquihalla the best route from the Kamloops area is the Old Merrit Hwy 5A. The most common access to it is at Kamloops. If you are going east to west that means you have to stay at river level through Kamloops and then climb to the junction of 5A and the trans Canada. On our recent coast to coast ride we discovered the existence of a short cut which bypasses the whole Kamloops area.

Just east of Kamloop's suburbs at Dallas Road West, turn south to climb to Barnhatvale. This road climbs through a cut in the valley bench to the south at a grade no greater than 7%. From the transcanada Hwy. I would estimate a vertical of about 200 meters.. From Barnhatvale go south and east for 1 to 2 km to the Campbell Creek Rd. Turn Rt. or west on this road and it takes you through an extremely picturesque valley with hobby farms and Ponderosa pines extending to the valley floor. Campbell creek runs gently through this valley and it drains the Shumway Lake on 5A Hwy. It is a gradual ascent to Shumway with a few hills to switch from one side of the valley to the other.. There is about 11-12 km of not so bad dirt road and the rest is paved. There are several cattle guards which you must walk. My day ride statistics from Chase to downtown Merrit via this route are Distance 146 km. Climb 836 meters, average speed 18.7 km Hwy. 5 A continues to climb until past Stump Lake and soon after that the drainage is south to Nicola Lake. It was an interesting diversion and pleasant surprise, as we were dreading the traversing of Kamloops and the climb through the city to the beginning of Hwy. 5A. When I measure the distance Chase to Merrit on my map it calculates to be around 162 km via Kamloops and 5A. I am also advised that the climb to Barnhatvale from the transcanada on Dallas Rd west is significantly less than the ascent thru Kamloops to the 5A

Maybe there is someone in the club from that area who would have better information about this short cut .. I would be interested in hearing from them.

Glen Smith MD

Safety in Group Cycling..

Having returned from a very large Hub and Spoke "tour", I am reminded that there are some special problems with large groups of cyclists following a leader.

The first is making sure that none of those following get lost. Without maps or road markings, the leader must check his "sweep" on turns and ambiguous intersections. While maps and/or route sheets can be provided, this may be a problem for a very large group. Another alternative, if there is time, is to mark the route with "Dan Henry" pavement marks - a circle with a line coming from it in the direction of the change or continuation of direction. If anyone is interested in particulars, I can send a photocopy of the original Dan Henry article from *Bicycling!* magazine of April 1968, "He Leadest Best Who Leadest Not" which describes his approach in more detail.

The second, and more serious issue are the safety on the road of a large group.

In particular, when more than three or four cyclists are in a line on a road where motor vehicles have to cross over the centre line to pass, the group should be broken into "pods" of not more than four cyclists with two or three car lengths between groups. Especially, where sight lines for passing are short, e.g., curves or hills, an overtaking motorist may suddenly see opposing traffic and make a hasty move to the right, hitting cyclists.

The easy way to organize this spacing is for each cyclist to make such a passing space if there are more than four cyclists immediately ahead.

I would hope that participants and organizers of future Hub and Spoke events would adhere to and reinforce this message.

Regards, Bob McInnes

Decoy !

Submitted by Richard Gibbs

A State Trooper waited outside a popular local bar, hoping for a bust.

At closing time as everyone came out, he spotted a potential quarry. The man was so obviously inebriated that he could barely walk. He stumbled around the parking lot for a few minutes, looking for his car. After trying his keys on five others, he finally found his own vehicle. He sat in the car for a good ten minutes before the other patrons left. He turned his lights on, then off, wipers on then off. He started to pull forward into the grass, then stopped. Finally, when he was the last car, he pulled out onto the road and started to drive away. The Trooper, waiting for this, turned on his lights and pulled the man over. He administered the Breathalyzer test, and to his great surprise the man blew a 0.00!

The Trooper was dumbfounded! "This equipment must be broken!" Exclaimed the Trooper. "I doubt it," said the man, "Tonight I'm the Designated Decoy!"

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 who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for tours - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour coordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for **TOUR COORDINATORS INFORMATION** Guidelines.

To Gabriola Island again.

New Tour book now.

Sept. 17 to 21

Dennis Parsons 250-881-1170 or dovic@inetex.com

Cost \$70 (\$10 non refundable) 20

Participants max 20

The plan is to ride from Victoria and take the Mill Bay ferry, then ride to Crofton on Monday

On Tuesday, cycle to Pat's Place on Gabriola Island.

Wednesday, cycle the island.

Thursday, ride to Chemainus, and Friday return to Victoria.

The money is for tenting on the island and for all meals while there i.e two dinners, two breakfasts, box lunches and happy hour munchies. This means that participants can alter the other parts of the itinerary to suit themselves.

Payments to the office please but enquiries to me.

We've had great times in the past. Let's do it again. Dennis

Danube Bike Trip. (In progress)

Group #1 Sept 6-29

Group #2 Sept 7-30

John Hickman 604-222-0779 hunterhickman@telus.net

Carl Rorison 604-530-6289 crorison@home.com

Max Bissegger 604-536-3202

Group #1. Co-ordinator John Hickman.

Participants: John Hickman, Margaret Hunter, Dan Baris, George Edmonds, Kenneth Hanna, Barbara Weins, Ann Miller, Ron Graham, Panko Ganchev, Ron & Janice Pickerill, Sylvia Mather, Linda Bothwell, Sim Wee, Catherine Mick, Ted & Pat Stubbs, John Cuthbertson, Linda Bothwell, Josie Ziewiec, Frank Campbell, Alice Campbell

Tours Completed.

Hawaii 2001	Victoria Hub & Spoke
Columbia River Dam Tour	Victoria to Comox
Comox Valley Hub & Spoke	Gabriola Circuit
Vancouver Island's West Coast	North Okanagan H & S
Grand Forks Hub & Spoke	

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

Group #2. Co-ordinator Carl Rorison
 Participants: Carl Rorison, BruceRoss, Fritz Niebisch, Anna Markus, Marthe Lambert, Dan McGuire, June Gallagher, Barbara Hetzer, Ted & Jantien Golsteyn, Ness McCulley, Sally Svensson, Gene & Gerri Salamatian, Corry Koster, Kim Vogt, Harvie & Kitty Cocks, Sylvia Mather, Kurt Frenzel
Reminders: A valid Passport is required, make sure it is up to date.

second Tuesday of each month is Dinner Night.
 Contact Al Hollinger 946-1347

Wednesdays:
West Vancouver - Meet at 9.00 a.m. at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.
 For info. Contact West Vancouver Seniors' 925-7280
 (Courtesy only - not a CCCTS Ride)

Arizona 2001

November 5th - 20th

Shirley Fisher 604-255-0087

Estimated Cost: \$ 900 plus transportation.
 Deposit \$100 with application.
 \$400 by August 30th. Balance (\$400) by Sept 30th
 Participants: Max. 20

A 16-day tour (with two travel, two rest and 12 cycling days) from Phoenix to Douglas and Nogalas, Mexico and return. Cycling approx. 920 km.

Itinerary : Monday - Arrival Phoenix; Tuesday - Coolidge or Florence, 86 km; Wednesday - BiosphereII, 104 km; Thursday - Tucson, 72 km; Friday - Rest day; Saturday - Benson, 75 km; Sunday - Tombstone, 40 km; Monday - Bisbee, 40 km; Tuesday - Rest day; Wednesday - Douglas, 40 km; Thursday - Sierra Vista, 86 km; Friday - Nogales, 100 km; Saturday - Tucson, 64 km; Sunday - Casa grande, 119 km; Monday - Phoenix, 91 km; Tuesday - Fly Home

Air travel arranged by Janett @ Cambie House of Travel. Phone 604-325-7522. Home# 922-7556, Fax# 922-7524. We will book as a group in an attempt to have the bicycles included as luggage.

Participants: (15) Douglas White, Shirley Fisher, Mary Whyte, Robert McInnes, Paul Westmattelman, Art Borron, Brenda Borron, Jim Burnett, Warner Griswold, Judy Jackson, Betty McInnes, Ken Meleskie, Annette Meleskie, Pablo Bleiker, Jan Johnson

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10:00 a.m. The

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 for meeting place, time and destination.

VANCOUVER ISLAND

Victoria.

Sundays - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17
 Contact:Roberto Bardati 389-0091

Nanoose/Parksville.

Thursdays - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road.

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays 10:00 a.m. at Tim Horton's at Superstore Mall.
 Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751.

OTTAWA

Thursdays -Contact; contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES

Contact Peter Baron 250 372 8392

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of Injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____

Newsbrief.



October 2001 Volume 18. Number 9.

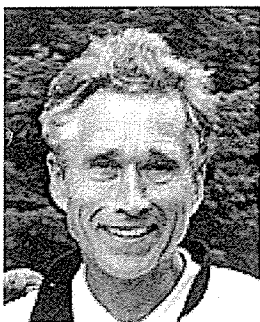
The Cross Canada Cycle Tour Society

President's Report.

Rolf Petersen

With fall in the air a lot of our members living in the frozen north start thinking about making like the birds and heading south to balmy climates. The Arizona tour still has room for a few more cyclists and someone to drive the support vehicle. Time is of the essence and the contacts are in the Arizona tour description.

The first new tour of 2002 is the ever popular Hawaiian tour led by Jim & Shirley Mae leaving on the 5th of February.



This is also the time we start looking for fresh and new faces to join the executive and co-ordinate tours in the new year. So don't be shy, contact any member of the committee and let them know you are available. The office is full of info on past tours just waiting for leaders.

As you can see by the smiling bearded one on the left, the festive season is also here and a great chance to meet your fellow cyclists in something other than spandex. So come out and enjoy a great dinner and entertainment at the Victoria Christmas Dinner Show. I will have more information on the annual Vancouver Christmas Bash held on December 5th when received.

We get several Newsbriefs returned. Please send a change of address when you move to save us extra postage and a lot of inconvenience. Anyone knowing the whereabouts of Ronald Gilchrist from North Vancouver, please let the office know?

Unfortunately I am also the bearer of bad news: Our condolences go out to Ian Polley on the passing of his wife Inge. Inge was a long time member of the club and made many friends in her endeavors as support vehicle driver on several trips (Peace River, New England etc.) Many club members, your president included, attended the memorial service held 3rd of October.

Pat St. Denis was a member of our club. She completed a Half-Ironman race in July 1995 and ran her first Marathon in October 1996. Pat died on September 21, 2001, after a short battle with cancer. She will be missed.

Victoria Christmas Dinner Show.

Princess Mary Restaurant.
358 Harbour Road, Victoria.

Thursday, 13th

December

Cocktails 6 pm

Dinner 7 pm

Entertainment
Eric

Wig & Thistle
McQuillan

Special Buffet

Dinner



Featuring

*Chilled Seafood Platter with choice of:
Smoked Salmon & Baby Shrimps
Carving Station with Choice of:
Roast Beef, Fresh Roasted Turkey,
Seafood Pasta, Princess Mary Roast Chicken
Roasted Potatoes
Medley of Fresh Vegetables
Princess Mary Dessert Platter
Selection of Petit Fours & Cakes at each Table.
Tea & Coffee (all other Drinks extra)*

Price \$22.00 per Person.

Please contact your Hostess Jean MacDonald
(250) 383 8645 or E-mail jeanalex@pacificcoast.net
Before December 1st. 2001

Annual Banquet & Dance.

United Scottish Society Hall.

Wednesday 5th December

Cocktails 6 pm

Dinner 7 pm

Please contact your Hostess Sally Svensson (604) 987-3449
or Betty D. Jones (604) 948-0287 for further information.
More details to follow when available.

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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors Fax: 250-752-3766 or E-mail: rolf.p@home.com

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

For Further information Contact:
THE CROSS CANADA CYCLE TOUR SOCIETY.
6943 Antrim Avenue, Burnaby, BC V5J 4M5

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CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

OCTOBER

NOVEMBER

5th - 20th Arizona Tour

DECEMBER

5th Annual Banquet & Dance
6th Annual General Meeting
13th Victoria Christmas Dinner

New CCCTS Members

Fyke, Ken & Dawn	250-652-1993 2642 James Island Rd., Saanichton, BC V8M 1V4
Rayson, Derek	250-216-9465 353-1525 Cedar Hill Cross Rd., Victoria, BC V8P 5M1
Stevenson, John	203-360 Bell Street, South Ottawsa, ON K1S 5E8
Tudela, Maria	250-592-2207 19-415 Superior St., Victoria, BC V8V 1T5
Wood Peter	613-820-7618 170 Kehoe St., Ottawa, ON K2B 6A5

ACROSS THE LOWER MAINLAND

A RIBBON OF GREEN.

VOTE! *You can make it happen*

The Central Valley Greenway is for you, your friends and your family. It will be accessible to everyone: pedestrians, bladers, boarders, cyclists, joggers and wheelchair users. A public pathway, it will be available to all Lower Mainland users any time, every day.

Experience the Greenway

A scenic recreational trail and commuter route, the 20 km Greenway will allow users to avoid some of the heaviest traffic in the region. It will connect with the Trans-Canada Trail and many local pathways. It will enhance tourism and allow local residents to visit parks and other destinations. The pathway will increase green space and provide new recreational choices through many communities. You can journey from the Stanley Park Seawall to the Fraser River, from Commercial Drive to Lougheed Mail.

The Greenway will bring communities together to plan the best local routes and amenities. BEST will partner with youth, recreational groups and local governments to ensure completion of the Greenway.

Make it Happen

YOU can vote to make the Greenway a reality. **BEST's Central Valley Greenway proposal** has been short-listed for this year's VanCity \$1 million Award. The Award will provide the seed money needed to start planning the Greenway and to leverage further funds to build it.

VanCity members can vote for the Greenway from now till October 15th, 2001. How can you vote? See VanCity's website: www.vancity.com or visit a branch near you.

Not a VanCity member? **Join today and cast your vote.**

- A Neophyte's Impressions.

KELOWNA - As relatively new CCCTS members, Glenda and I were excited about participating in the Okanagan Hub and Spoke, but at the same time quite apprehensive about facing the challenge of cycling in the heat of August in an area that has some pretty good hills. We not only survived but were truly sorry when the two weeks were over and it was time to say good-byes.

Our initial shock of finding the Kelowna camp site overcrowded and best resembling a refugee camp, was tempered by its location, close to shops and restaurants with easy access to a swimming area on the lake. At least the cyclists were mostly all together, and the close spacing of the tents lead to many breakfast-time discussions regarding snoring!

The city tour of Kelowna began with a pleasant ride north along the lake shore to Knox Mountain Park affording lovely views at different heights overlooking the city. A detour to Paul's Tomb turned out to be a beautiful ride with some nice beaches along the way. We returned through the city and Greenway Trail, south to Summerhill winery for our first wine tasting. Lunch on the terrace overlooking the lake, in the warm sunshine, made us all lazy. Summerhill are still promoting "pyramid power" as a way of aging wine - a concept that generated some interesting discussion. After lunch, some of us visited St. Hubertus and Cedar Creek Wineries, or took the opportunity to stock up on the delicious fresh cherries, Lappins, that were still available at the fruit stands.

Next day we headed towards Winfield via picturesque secondary roads. Then it was up and over a fairly high ridge to Gray Monk Winery for a tour, tasting and lunch. The tough bit was the return climb back up the hill in temperatures of about 33 C, slightly tiddy and with a full tummy. Sarah Kirkby had suggested that we visit Geert Maas' sculpture garden on the way back. Dramatic sculptures were located around the house and garden. Even better was the air-conditioned studio that was very popular given the high temperature

There was an early start next day for the ride up to Donna Nicholas' for a fantastic breakfast-- al fresco in the garden. After wishing John Peck a very happy birthday, we (thankfully!) were bussed up to the Myra Canyon parking lot. Gosh we were glad that we didn't have to ride up that hill, but two intrepid cyclists, Beverly Wagner and Warner Griswold, decided they were made of sterner stuff and rode (or walked) all the way up the steep rough gravel road.

The Myra Canyon ride lived up to its reputation as truly spectacular. It was a beautiful day and the views from the many trestles were impressive; There were even train noises from Dan McGuire as we entered the tunnel! The section to McCullough Lake Resort was very washboard-y and some of us experienced sore shoulders, necks, hands and/or bums along the way. The resort was a lovely spot to enjoy lunch. However, they had a water shortage and were a bit stingy with it; Even charging Hans Klein \$1 to fill his water bottle!

ENDERBY - Next came the big migration to Enderby. Many in the group decided to take their cars and only the intrepid rode their bikes. The campsite was well located near the river; convenient for us all to jump into after our daily ride. We were warned on arrival to lock bikes, secure coolers and be vigilant as the camp was open to all comers at night. Sure enough, first night some coolers were raided and beer and wine taken. Warner was one of the victims; they took four of his beers and left two; considerate thieves? From then on he was constantly on guard; in Grand Forks he chased off some kids, and nearly tackled me once in the middle of the night when I had to get up for the usual reason! Talk about learning from past experience.

Our first ride along the Shuswap River to Mable Lake was relaxing and enjoyable. Wildlife spotting consisted of llamas, alpacas, and an osprey's nest perched on the Hydro lines.

It was in Enderby that I finally realized how CCCTS organizers decide on the routes to be taken each day. Clearly it is based on the locations of good ice-cream and thrift shops, with a cheese factory, buffalo farm, or winery thrown in for variety. The Salmon Arm circuit was a classic demonstration of this. Pastoral valleys were just a bonus. The Mara Lake-Sicamous trip confirmed my theory.

Returning each day was such a treat. Jan Johnson and Warner introduced us to the sheer bliss of floating on an air mattress about 7 km down the Shuswap to a park and returning by pre-parked car.

August 19 we returned to the refugee tent site in Kelowna for the wind-up dinner. The recommended route was along the West side of Okanagan Lake, with some stopping at the O'Keefe Ranch. We were glad not to be on our bikes. It was hot, hilly, narrow and winding with very little shoulder in some places. Congratulations to those who rode!

The buffet wind-up dinner that evening was great fun. There was a good selection of seafood, salads and hot dishes from a variety of ethnic traditions. Queen Elizabeth and her trusty consort (a.k.a. Betty Darvell-Jones and Jim Burnett) presented awards and left us all laughing. Three cheers for Dan McGuire, Donna Nicholas, her husband Ed, and all their helpers for their magnificent organization, detailed itineraries, and excellent maps.

(Continued page 4 "On to Grand Forks")

On to GRAND FORKS!

Good-byes to some, hello to others. The overflow area at the riverside Municipal Campsite provided lush green tent sites (yes, the sprinklers came on at night!), but a shortage of picnic tables. But the ingenuity of cyclists knows no bounds. Shirley Fisher had her stove and kitchen set up on a board laid across a shopping cart - one she claimed to have found in the bushes at the edge of the campground!

The local Doukhobor Seniors welcomed us on the first evening with a traditional Borscht dinner (vegetarian borscht with bread and traditional pastries as dessert). Delicious, but for a group of hungry cyclists, it was a surprise to have dinner without a main course. After dinner and speeches, the group sang some traditional Doukhobor songs performed with considerable enthusiasm and conviction, if not polish.

The Granby River North Fork trip began with an interesting talk on the history of local copper mining, the nature of the smelting operations and the modern use of the ground-up slag as an abrasive. Biking up the east and down the west side of the river was pretty and relaxing, the peace broken only when the fully loaded logging trucks rumbled by.

The Sunshine Valley Tour didn't live up to its reputation as the weather turned cool and damp. Fortunately our itinerary included visits to some indoor Doukhobor sites around Grand Forks. The museum, old schoolhouse and cemetery were interesting and gave us a better understanding of the struggle and hardships faced by these pioneer families. We also heard about the conflicts generated by the Sons of Freedom and visited their village at Gilpin, where one can still see the remains of some burned houses.

For us the highlight was our final ride to Midway and back, through the US along the Kettle River. The weather had improved and since the roads were very quiet, this was truly an idyllic ride through some very beautiful and tranquil country. On our return we stopped in Curlew (pop. almost 50) where we discovered an old hotel that had been preserved and restored to its original 1900 condition. Unlike many museums, the temptation to cram in too much had been resisted and this was truly authentic. Walk in the front door and you are transported 101 years back in time. The register is on the counter, the barber's chair in the lobby corner, the dining room set for lunch, the Edison phonograph played one of its six tunes for a US nickel, and the bridal suite upstairs ready for its next occupants. One of the bedrooms had lingerie flung over the changing screen; Another had corsets and evening gown

laid out on the bed ready to put on. It was all very well done, such that even this Scot was moved to make a donation in real dollars!

Our wind-up dinner at the Grand Forks Hotel again focused on Doukhobor food, with several different combination meals available. Unfortunately, these were so popular that they ran out of food, and it was a good hour later before the last table was served. Rolf Petersen thanked Glen and Jean Smith for organizing a wonderful trip and later presented some fun awards.



As for us, we survived quite nicely thank you, despite our initial anxieties. Best of all, we met a lot of really nice interesting people, travelled some beautiful back roads, absorbed something of our provincial history, learned lots about bike maintenance, and were able to eat a ton of ice cream without gaining weight! Isn't that what CCCTS is all about?

Article by Sandy Kirk.

(Photo by Janice MacRae)

Anyone for beautiful Prince Edward Island?

We are planning a PEI tour for the last 2 weeks in August 2002. If you are interested please call Roberto or Sonya Bardati, tel. 250-389-0091 (leave message) or e-mail at dockst@home.com

There will be 5 nights under shelter and the rest in Provincial & National Camping parks, vehicle assisted. Let's not forget a lobster supper comes with the package, for the rest you do your own cooking.

Sonya

An Island Tale - The Gabriola Island Tour

Each tour I've been on has its own flavor or highlight. New England was wet and cold, and we all remember it exactly that way. New Zealand had friendly folks and exotic environs, again a shared memory. Hawaii was pillowishly warm, and we all recollect returning to snow.

Gabriola is best marked by the buffet of personalities encountered.

Yes, the tour covered, for some, the trip up Island, a nice long ride from Victoria to Nanaimo, great for stretching out the early fall legs. And the morning sprint around Gabriola by the racers gave them a shine for the rest of the day. But, to paraphrase Lance, it's not about the ride. It's about the people.

I arrived to the sight of our hostess, Pat, getting her pedicure, as relaxed as a baby in a second-day nap, sharing her home with our usual assortment of motley styled cyclists. Pat's hospitality is a Provincial resource, a mother lode mined by not only us but also many islanders. No note is made of a fellow passing by a late night bridge game, to quietly dial the phone, speak softly for several minutes, and depart silently, as mysterious as a walk on the role in an old Agatha Christie movie.

Met by a serendipitous hitchhiking episode, Pat graciously also provided an imported French Chef, Erve', a lean, rhythmic 28ish young man, very French, shaven head, an instant hit with half the riders, my half. I can vouch he can cook well, however I believe he wouldn't have to.

David, dean of this establishment, is like a Chinese puzzle, mastered only with prolonged fumbling, and prone to wander following the snare drum beat in his head, half the lights in the house off. Raven, having survived his earlier chemistry experiments, now builds log homes. Another young man, discovering he had a passing resemblance to Osama bin Laden, went the flow, accentuating the similarity. No one got truly frightened, since it's hard to get excited on laid-back Gabriola, and it's senseless to hijack a bicycle. Lynn, the kayaker I went Orca watching with last time, comes over to Pat's, bringing yummy deserts and making the required fourth for bridge. Then there's Johnny Appleseed next door, busy fertilizing all the apple varieties known to occur in the South Coast microclimate, and now trying the same with his latest Korean girl friend. The local coffee shop owner is a guy busted in the market, left with just enough to open his café and escape the city. Several young hikers, having just completed some strenuous trail, stroll through the house, showering at will, passing into and out of the bridge game, depending on a headcount, returning to camping in the field. Even David's cat had its oddity, coming out of hiding only in the middle of the night, with the house fully quiet, black and foreboding as it is.

The archetypical story from this year's tour is my "quick" trip to "town" with Pat, David, and Dennis. After some superlative organizing, getting us all in the same car at the same time, Pat

discovered the dogs missing and called. These two medium sized, mixed-lineage dogs came running into the car, and flounced, barking and fretful, on Dennis and me, we of the back seat. The trip quieted down progressively, as distance from home increased. On arrival to the village core, the car must have looked like those in the circus, the doors open to a flood of exiters. First the dogs. Then the folks. Pat, Dennis, and I head into the grocery, getting victuals for the night, each with our list and with me translating "kielbasa" into Polish for Dennis. David disappears, perhaps going to the very used bookstore. The dogs begin to share intimate secrets with their compatriots. After some time, we all meet back at the car, groceries, Dennis and me in the back. No dogs, where are the dogs? Pat calls, dogs come. Food into the trunk. Dogs, Dennis and Lee into the back. Off to the LCB for liquid fortifications. Dogs out, Dennis out, Pat out. Boxes of beer, bags of wine into the trunk, food moved further in, dogs in, Dennis in, Pat in. Bark for a couple of blocks. Home again, everybody out, all unpacked. Dogs perform rear legged salute to home turf. Humans more restrained.

I would like to end this article with wry observations on my ten fellow cyclists, but decorum and continued membership forbid.

So I will finish with Dennis' invitation to next years double tour, making two trips to Gabriola and its people. Pat asked, "When are you coming back?" "We haven't even left yet." And we will be back.

By Lee Kraft.

An Ottawa Ride.

By Gerry Sutherland

Departure: Remote start from Carleton Place

Destination: Almonte and other points

From our remote start we headed northeast to Appleton; north to the intersection of the Appleton Road and Marsh Road; then west to Almonte and a short ride to Blakeny and back before having lunch at the Ironworks in Almonte. After lunch we headed west to the Auld Kirk cemetery and finally south back to Carleton Place.

Throughout the trip we stopped at various points and Gerry; who had been raised in the area; briefly mentioned some of the historical background. He emphasized that Almonte was the hometown for Dr. James Naismith, the inventor of basketball, and Dr. Tait MacKenzie, a world renowned sculptor of the early 20' century. He also discussed the settlement of the area by immigrants from Scotland at the turn of the 19' century.

Alas, we had a mishap when one of our riders fell at a railroad crossing and received some "road rash" and other aches. However, she was able to carry on for much of the trip.

The 16 participants enjoyed the fine weather and the lazy country roads we travelled.

Scottish Potpourri.

By Robert Helms.

In the early eighties I was invited to cycle across Canada with Ian and Bill Peers, which I regretfully declined, I knew they could have used a third hand to carry some of the housekeeping items and to cast the deciding vote on whether it would be oatmeal, or cornflakes in the morning. To me it seemed more like punishment to go fully loaded on an old ten speed bike from sea to sea with tent, sleeping bag etc. etc.

That did not stop two Scotsmen, they went anyway. In Manning Park they run into a snow storm, which they survived and near Revelstoke Ian's tent was missing one morning when he woke up, and he had to buy a new one. He made it to Moose Jaw, and Bill called it quits in Winnipeg.

Still, their determination had not suffered, Ian found others who felt the same way about cycling to Halifax, and very soon the CCCTS took shape and Ian made his first Trans. Canada bicycle trip. Bill started a bicycle group in Surrey that grew and later became part of CCCTS. He was a member of the Canadian Airforce that went overseas in 1940, and having been born in Gr. Britain he became part of RAF. The interesting part happened 40 years later. One day Bill was cycling with the group in the Pitt Meadows area, they stopped on a dike to get information from one of the local guys, and as soon he talked Bill recognized his voice. He had been the rear gunner on the same Lancaster Bomber as Bill was flying on.

Bill and Gwen made regular bike tours to Britain, which was a good excuse for a rendezvous on the Isle of Skye with Canadian friends who travel by car. Ian was the tour guide and we met them at Prestwick. After a few days exploring Airshire and Robbie Burns Country Ian became restless, It was time to head north, and we went to town and rented a Vauxhall. Having had some experience driving on the wrong side I became the choice to take it on the road, and with Ian as navigator everything went smoothly for quite a while. By the time we reached Lock Lomond. Ian was in the drivers seat, and that was when we met a fast vehicle coming at us, it crowded us on the narrow road and we hit the rock wall and lost a front wheel.

We made it to Fort William for the night and that was where a good holiday began to unravel. Next morning Ian came down for breakfast and he had bad news. Pat is not going any further, she says that I am not safe to drive with and neither are you. Perhaps she did have a point, but I asked if he could change her mind. He told me not to bank on it, he had been married to Pat for 30 years and she never changed her mind yet.

It was no good crying, we all did what we had to do, the Cassies stayed there and went south to visit family in Glasgow and Edinburgh. The Isle of Skye went by the wayside and so did the Peers as we had to go to Inverness to get a new spare wheel. Peggy had to take over the navigators post, and next stop was the Culloden Moor, having come this far no English person with Scottish blood running in her veins could pass that up. There was Aberdeen with the smell of oil, Balmoral Castle, St. Andrews with a proud history of men chasing small white balls, not to mention a charming ex coal town Kirkcaldy, we arrived there on a Sunday with no cash in our wallets, and there was just one business in town that accepted VISA, luckily they served an excellent high tea.

Next it was Edinburgh, but there was no sign of Ian here and we went to the Castle without him. They keep records there and I was surprised how many pages there were of Shaws that were killed in WW1. We did not stay too long, they were getting ready for the Pope's visit and as we did not need to meet him we decided to take the Vauxhall back to Prestwick, and the train to Glasgow. When we arrived, the streets were off limits, the Pope got there ahead of us. But after he had gone, we roamed the city for a couple of days before we took the night bus to London for an English breakfast at 6 am.

We would be back, no ifs and buts. Peggy had it figured out, next time I should be the driver, Ian the navigator and we would explore the Highlands and the Islands. Sad to say it was not to be, Peggy died, run over by a van while bicycling, Ian and Gwen are gone and Bill is running out of steam Death waits for no man they say. How true.

Ian was a manufacturer's agent selling floor covering. He wasn't a good salesman he said, to be that you have to sell people what they don't need and he didn't.

Ladner Events.

Mark your calendar for "Al's Parties"

Halloween October 30th am ride, Noon to 2 pm
Dress-Up luncheon party at Kinsmen Hall next to Ladner
Public Library, 5050 - 47th. Avenue.

Christmas Party- December 18th Noon to 2 pm
Location to be announced. Remember to bring a "Goofy
Gift"

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 who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for tours - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour coordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for **TOUR COORDINATORS INFORMATION Guidelines.**

Arizona 2001

November 5th - 20th

Shirley Fisher 604-255-0087

Estimated Cost: \$ 900 plus transportation.(Now due)

A 16 day motel tour in sunny Arizona cycling from Phoenix to the Mexican Border and back. Stopping to see the man made Biosphere II, pioneer mining life as depicted in Tombstone and Bisbee and much more as we cycle approx. 985 km.

Itinerary : Monday - Arrival Phoenix; Tuesday - Rancho Sonora via Casa Grands Ruins, 100 km. Wednesday - Biosphere II, 90 km. Thursday - Tucson, 70 km. Friday - Tucson Sightseeing. Saturday - Benson 75 km. Sunday - Tombstone via Kartchner Caverns 75 km. Monday - Bisbee 42 km. Tuesday Bisbee, Queen Mine Tour/Hiking. Wednesday - Sierra Vista (Fort Huachuca Museum) 50 km. Thursday - Nogalas (Mexican Border) 102 km. Friday - Tucson (via Mission San Xavier del Bac) 106 km. Saturday - Casa Grande 112 km Sunday - Phoenix 96 km. Monday - Scottsdale with Jean Horrocks 40 km Tuesday - Fly Home.

We can accommodate a few more cyclists, **but need to hear from you immediately.** If interested, mail your cheque to the office and contact Janett Tregillis at 604-922-7556 for her best airfare. Janett has our bicycles aboard as luggage.

Is there someone who would like to be our Support Driver?

Instructions: The Vancouver group will arrive in Phoenix on Air Canada Flight 3503 at 6:32 pm Nov. 5th All other travellers, please arrange your arrival time close to the group. If impossible, please advice Shirley or Best Western Airport Inn 602-273-7251 for pick-up.

Participants: (15) Ray Berg, Pablo Bleiker, Art Borron, Brenda Borron, Jim Burnett, Shirley Fisher, Bemice Gregory, Warner Griswold, Judy Jackson, Jan Johnson, Ken Meleskie, Annette Meleskie, Beverly Wagner, Paul Westmattelman, Douglas White,

Tours Completed.

Hawaii 2001	Victoria Hub & Spoke
Columbia River Dam Tour	Victoria to Comox
Comox Valley Hub & Spoke	Gabriola Circuit
Vancouver Island's West Coast	North Okanagan H & S
Grand Forks Hub & Spoke	Gabriola Again
Danube Bike trip	

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

How did you find you find out about our club from a member , Website , other _____
Bicycling experience _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

Hawaii Tour 2002. (New Tour.)

February 7th to 21st

Jim & Shirley Mae Jeffrey
(604) 943 - 0924 (Vancouver)
(250) 767 - 2242 (Peachland)

Costs: To be announced.
Deposit with application: \$100

All plans tentative. Arrangement for hotels etc. has still to be finalized at press time.
This will be a vehicle supported tour with similar itinerary to past years.

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 a.m. at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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 for meeting place, time and destination.



VANCOUVER ISLAND

Victoria.

Sundays - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or
10:00 a.m. at McDonald's, Pat Bay Highway 17

Contact:Roberto Bardati 389-0091

Nanoose/Parksville.

Thursdays - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road.

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays 10:00 a.m. at Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on

Tuesdays and Thursdays, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

OTTAWA

Thursdays - Contact Gerry Sutherland 613-828-9502

KAMLOOPS RIDES

Contact Peter Baron 250 372 8392

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____

Newsbrief.



November 2001 Volume 18. Number 10

The Cross Canada Cycle Tour Society

President's Report.

Rolf Petersen

PIn the last President's report I mentioned looking for new faces, in keeping with that I have decided to take mine of the front page of the Newsbrief and retire from my position as President.

I will stay on as Newsbrief Editor and hopefully you will keep the news and happenings in cycling coming, so other members can benefit from your experiences. The best and most direct way of getting the news to me, is via my e-mail or fax direct and failing that to the office via snail-mail.

We are lucky enough to have quite a diversity in our membership.

One such person is Connie Shaw (no age given), who just completed the Royal Victoria Marathon for the second time and also participated in the Sri Chinmoy Triathlon (quite a mouthful) in August. To quote Sonja Joos, "You are a real "Senior Hero" to us."

In this issue we have the follow-up to an article published in the August edition by Andree Milaire sharing his experiences on a trip down memory lane. News on the Danube trip and the Gabriola Tour.

Probably the most important item. Two new tours and two new co-ordinators. The Kamloops Rockies Loop with Sally Svensson and The Prince Edward Island tour with Roberto Bardati taking us to different places. It is so nice to see new people stepping in to lead tours.

All the information on the Christmas happenings is in your newsletter. It's now up to you. Don't wait, Phone and let your hostesses know you are coming (be it Vancouver or Victoria)

Don't forget your annual meeting. Another good chance to get to meet and find out what is happening in the coming year and get more information on the new tours. You might even enjoy watching a slide presentation put on by your Tour Co-ordinator Dan McGuire (not mandatory).

A lot of members have been asking about club licence plates, which was given out a few years back! We are in the process of getting a new batch printed up.

ANNUAL BANQUET & DANCE

UNITED SCOTTISH CULTURAL HALL

8886 HUDSON STREET, VANCOUVER
(near Oak St & SW Marine Dr.)

Wednesday

BAR OPEN 6 pm

New Caterer

Music by



December 5th

DINNER 7 pm

Jakob J. Hauser

Stan Lewis

Menu

Two Salads.

Roast Beef Roast Potatoes

Seasonal fresh vegetables Penne Alfredo

Dessert Assortment

Coffee & Tea

Price \$26.00 per person

Mark your calendar now & plan to attend. Please contact your hostess Sally Svensson 604-987-3449 sallynv@infoserve.net or Betty Darvell Jones 604-948-0287

In the past many members from the North Shore, New Westminster & Vancouver has expressed the view that they did not attend because the trip to Tsawassen was too far. This year it will be held in a central location. So let's all come out and celebrate the season together.

Annual General Meeting.

Thursday December 6th 2001

11 am to 1 pm

South Delta Recreation Centre (Main Building Hall B&C)
1720-56th St, Tsawassen, South Delta

Election of Directors
(nominations will be accepted from the floor)

Come out and meet your Directors and fellow members.

Refreshments after the meeting.

Slide show by Dan McGuire: Comox, North O.K. & Danube
December Directors meeting to follow.



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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors Fax: 250-752-3766 or E-mail: rolf.p@shaw.ca

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

For Further information Contact:
THE CROSS CANADA CYCLE TOUR SOCIETY.
6943 Antrim Avenue, Burnaby, BC V5J 4M5

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

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Club Jerseys/Equipment/Tours
Shirley Fisher 604 255 0087

CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday of every month.

DECEMBER

5th Annual Banquet & Dance
6th Annual General Meeting
Directors meeting to follow
13th Victoria Christmas Dinner

NOVEMBER

5th - 20th Arizona Tour

New CCCTS Members.

Barker, Donald 507-1061 Fort Street, Victoria, BC V8V 3K5
250-478-3792
Brady, Diane PO Box 67, Harrison Mills, BC V0M 1L0.
604-796-9798
Cameron, Janet 50 White Eagle Tr., Nanaimo, BC V9S 3C7.
250-758-6384
Galik, Charlotte 3815 Roy Creek Road, Royston, BC V0R 2V0
250-334-4288
Gavin, Elma 300 Decourcy Dr., Gabriola Is., BC V0R 1X1.
250-247-8376
Havlin, Candice 309 9th Ave., Rochester, MN, USA 55906.
507-281-0414
Netzer, Reuben RR1, Falun, AB T0C 1H0.
780-352-4958

Victoria Christmas Dinner Show.

Princess Mary Restaurant.
358 Harbour Road, Victoria.

Thursday, 13th

Cocktails 6 pm

Entertainment Wig
Eric McQuillan

Special Buffet



December

Dinner 7 pm

& Thistle
Mike Edwards

Dinner

Featuring

*Chilled Seafood Platter with choice of:
Smoked Salmon & Baby Shrimps
Carving Station with Choice of:
Roast Beef, Fresh Roasted Turkey.
Seafood Pasta, Princess Mary Roast Chicken
Roasted Potatoes
Medley of Fresh Vegetables
Princess Mary Dessert Platter
Selection of Petit Fours & Cakes at each Table.
Tea & Coffee (all other Drinks extra)*

Price \$22.00 per Person.

Please contact your Hostess Jean MacDonald (250) 383 8645 or
E-mail jeanax@pacificcoast.net Before December 1st 2001

Blue Danube Tour

Ken Hanna

Having just returned from Budapest-Hungary, and the BLUE DANUBE, I would like to express my appreciation to Max Bissegger and his helpers for setting up this perfect tour.

Perfect in the sense of what we saw and what we learned. Even 13 days of cycling in rainy conditions did not dampen the spirits of those in group 1, and I am sure that group 2 feel the same.

It has been 8 years since I was last touring and I was most impressed with the contingent of new members that the CCCTS has acquired. The willingness to plan and lead such ambitious projects like this one means that our cycling program is in good hands.

In addition to thanking the stay at home organizers, I would like to thank Ron Pickerill for seeing that the finances of each overnight was quietly and well handled. John Hickman also deserves credit for stepping into the breach when Max relinquished his role.

While we had a great mix in group 1, those that I rode with day in and day out deserve special mention. Ted Stubbs performed beautifully as our group leader, and it was with the greatest of pleasure that I fell in behind his steady cadence. I do not know what we would have done without Dan Baris, our hot chocolate break man, to keep us informed on so many subjects that Dan has at his fingertips, and for his assistance to Ted in map reading. Special mention must be made for the assistance that Anne Miller, our language virtuoso, provided, by stopping the locals and establishing just where the unmarked Danube Trail could be found. Another person deserving special mention is Ron Graham, our enthusiastic happy hour specialist and flat tire expert. Your expertise and good humor was most appreciated Ron. I also know that those riding with Frank Campbell really appreciated his cool leadership. George Edmonds and I really appreciated Panko Ganchev stopping in the rain and providing and assisting George with an item we both lacked for his tire trouble.

In closing my sincere thanks go to both the leaders and to the followers of group I for making this Blue Danube Tour so very special for me.

Notice from Victoria:

An update on the Christmas dinner show on December 13th 2001, Princes Mary restaurant have asked that we collect the \$22.00 cost from each member on arrival this will streamline the payment process.

If anyone wishes to pay by cheque, please make the cheque payable to The Princess Mary restaurant. We will be doing a phone out to confirm our numbers at the end of November with the last date to register December 5th.

We look forward to an evening of good food and entertainment you will not want to miss.

Gabriola Tour, Sep 17-21, 2001

Sonya Bardati

Six of us met at the Brentwood ferry. It was my first time doing this trip and I enjoyed going through Cobble Hill, the Cowichan Valley, ending in Crofton. Just about 2 km from Crofton, we had an incident. Jean, Roberto and myself were together going up the last hill when a van swiped us, hit Roberto's mirror (he held on because he was pulling a BOB trailer and that helped his bike to stay erect), I was in front of him but about one inch closer into the curb, but Jean, who was in front of me got her hand swiped, (had she had straight bars instead of dropped ones????) She held on tight and then stopped. The van driver slowed down but kept on going. A truck driver behind the van took the license plate number and passed it onto Jan who was in front and over the hill. A report was made to the RCMP. Once that was behind us, we enjoyed the early evening at the Pub. Dennis had mentioned that few of us were born in Canada, the six were composed of a Dutchman, a German, a Scot, an Italian, a South African and a French Canadian, it made for a terrific salad.

The next day we merrily went on, to stop at the famous English pub, the "Crow & Gate" enjoyed the beer, cider, food and beautiful sunshine. At the Gabriola ferry we met John, but Ray who had been with John to the Duke Point ferry had left him and was out gallivanting around. When we got to Gabriola, at Lady Pat's, Lee was already in the kitchen helping out. Diana arrived and finally Ray arrived to set up his tent before dark.

The next morning, Dennis was our cook for breakfast, excellent work; Then we cycled around the island, a couple of dandy hills and not too many gentle hills here. As we were enjoying the sunshine, the relaxation and the company, here comes Rolf, he was already missing his Wednesday ride with us. Later on, Al joined us for dinner; His job was to pick up Diana and head home.

On day 4, Lee was our chef for breakfast, again excellent work. John was already gone by the wee hours of the morning. Jan, Jean, Hans, Roberto and myself dressed in our rain gear and left the three musketeers, Dennis, Ray & Lee at Lady Pat. We headed for the 9.00 a.m. ferry. When we got to the ferry, the rain had stopped. Four of us went on for 106 km into Victoria. Jan got a ride from Mill Bay.

Day 5, I guess Dennis and Ray had a great time, telling stories about the good old days.

The 10 participants were: Roberto & Sonya Bardati, Ray Berg, Jan Groves, Hans Klein, Lee Kraft, Diana Lifton, Jean MacDonald, Dennis Parsons, John Peck.

Good news for members residing in Surrey...

A Surrey Committee of the VACC (Vancouver Area Cycling Area) has just been formed. Meetings will be held the 1st Friday every month, 7 pm at the Bread Garden, 152 St/16 Av, South Surrey. For further info check the website

<http://www.vacc.bc.ca/surrey/tm-surrey.htm> or contact Mary Eickhoff 604 535 2513

THREE UNFORGETTABLE DAYS.

The 16th, 17th, and 18th May 1940 were three dramatic days in my life. This year I was able to relive them, this time, however, not in anguish, fear, and worry about surviving events, the very gravity of which had the potential to develop to the level of those of World War two, but in a carefree mood and with the warm welcome of a great many French people whom I did not begin to meet until the 15th of May 2001.

On the afternoon of that day, I was welcomed along with my teammates by Mr. and Mrs Boury, who now own Gironsart Farm, the place from which I left on 16 May 1940. In the best French tradition, they offered us champagne and delicious pies. Mrs. Boury had also arranged a great surprise for me; she had kindly invited three persons who had attended the same village school as I over 65 years ago. I was moved to tears at this reunion, even though I had to struggle to call up from memory the names of other students from that time.

Then, as planned, on 16 May 2001, we left from Harcigny for Montmirail. This first day was very hard. There were many hills, and we had a strong wind in our face that blew in violent gusts sometimes accompanied by heavy rain. To have to ride in these conditions was certainly not a stroke of luck. Near Cerny-en-Lannois, however, we were met by a little group of cyclists led by Raoul Houdry, the honorary president, and Pierre Petit, the president, of the Club Cyclo of Fere-en-Tardenois. Raoul invited us to take a short break at his house situated about forty kilometers farther on at a place called "La Porte d'Arcy." There, Raoul and his wife Odette toasted the success of my "pilgrimage" with champagne and then offered us an excellent buffet that included tasty salads, good coffee, and a mouth-watering pie. We all appreciated the food and the chance to catch our breath.

When we continued our journey, Raoul, whose energy belies his 85 years, rode with us for another 20 kilometers. He in fact pedaled between 110 and 120 k's that day and thus provided us younger ones with a fine and remarkable example! The rest of the group accompanied us until Porte de Dorman. We traveled alone for a while until well before Montmirail; we met a solitary cyclist named Georges, who joined us for the rest of our trip. He showed me the farm where I had slept on the straw in 1940, and told me that the farm was now run by the grandson of the lady who had greeted me and my two brothers 61 years ago. I should have liked to meet this man, but unfortunately he was absent when we

Trois Journées Exceptionnelles

Vécu par André Milaire

Le 16 - 17 - 18 mai 1940 Historique

Le 16 - 17 - 18 mai 2001 Mémorables

Harcigny - Montmirail - Auxerre - Moulins



passed by.

When we finally arrived in Montmirail, a cold rain was beating down on us. Georges, our cycling companion, who was not wearing a rainvest and was soaked through to the bone, left us as soon as he had escorted us to our hotel. I wish to thank him most warmly for his help and kindness. In spite of the really bad conditions of our first day, our average speed over the 150 kilometers was 17.4 k.

The 17th of May was a replica of the 16th, gusts of rain and strong winds blew in our faces, but at least the hills were a little easier. Gilles Duchamps, the president of the ASPTT of Auxerre, came to our hotel to welcome us, and treated us to a good dinner with several of his cycling friends. I was very tired, and, given the late hour and the difficulties of the two long days of cycling, I was falling asleep. Fortunately, Jean- Baptiste, Gilles's young son, kept me awake with his amusing chatter. Our average speed for the 160 kilometers from Montmirail to Auxerre was 18.6 k.

The 18th of May 2001 was truly the highlight of these three unforgettable days. Towards 8 am Gilles Duchamps and several other cyclists arrived to accompany us to Mailly le Chateau. We followed a magnificent route along the banks of the Yonne River. The greenness and the beauty of the countryside complemented

(Three days, continued Page 5)

(Three days continued)

by its quiet river make this peaceful region of France a lovely spot for a longer stay. I shall return. As well as the gorgeous scenery on this our third and last day, the weather finally changed: the sun shone, we had the wind in our backs and when it did blow, it was just light enough to keep us cool and refreshed.

But, really, at this point the weather no longer mattered, for we were taken in charge; kidnapped might be a more suitable word by the Club Clamecy Cyclotourisme, led by its president Bernard Amelcheuko and its former president Rend Guyous, and by the Club Clamecy Le Velo, led by its president Francois Duque, Emile Meunier, and a great number of their companions. It was under the escort of these two clubs and with a veritable platoon of about twenty cyclists that we arrived at the Clamecy City Hall. There we were greeted warmly by Mrs. Claudine Boisorieux, the first assistant to the Mayor, and Mrs. Sabine Chabin, the Sports assistant, and treated to croissants, chocolate rolls, fruit, and coffee. After having thanked our hosts, we continued our route in the direction of Brinon sur Beuvron still escorted by an impressive number of cyclists. Before Rouy, the Club Cyclotourisme Decizois, led by Jean-Claude Bon, met us to accompany us to Decize. There, the Club ASPTT of Moulins, led by its president Gdrard Charrondi&re, and the Club Cyclo of Moulins, led by its president Jacques Morin, rode with us for the remainder of the journey. The 33 kilometers from Decize to Moulins were accomplished very efficiently: our average speed over the 170 kilometers we did that day was 20 k.

We arrived in Moulins with about thirty-five cyclists and for a big reception at the ASPTT Club. After some welcoming remarks by Michel Pinot, the president of the ASPTT of Moulins, and Jacques Morin, we were given handsome souvenir plaques decorated with the emblem of the two clubs. Then it was my turn to thank them all for their kindness. I was so tired and so moved by the events of the previous three days, however, that for the first time in my life I could hardly speak. Fortunately, my listeners understood the reasons for my giving what was in fact the shortest speech that I have ever made. And they applauded me warmly and thus showed their appreciation for what I had just accomplished.

Before closing this memoir, I wish to thank Dr. Glen Smith and Dan McGuire for their physical and moral support. Without them I could not have completed this journey. I also wish to thank all the cyclists who rode with us over the three days and all the other people who through their kindness and sympathy helped to make our tour and my project the great success that they were.

Announcements.

Return trip through the Rockies.

Dennis Parsons

Have, for the present abandoned the thought as I think I will have even a greater number wanting to do it after they have enjoyed the tour that Sally is organizing, which uses some of the route I had in mind. Next year perhaps?

Remembering.

Recently we lost valuable members but no word reached me until long afterwards. Too late to attend a memorial service and commiserate with those left behind.

I would like to suggest that when anyone gets news of anything affecting one of our members it be communicated to the office, where an email can be sent out to those with addresses who in turn can transmit the news to those without.

I have travelled with members from many Provinces and States so my interest is not limited to Victoria or BC. I must though, talk about a local person who is known to people across this country through the CCCTS

Brian Lamb is very ill. He and I have been on many tours. We did the Straits Circle a few times and the Hurricane ridge caper and others but the memorable tour was the Port Renfrew trip where a chance to do a 3-day hike of part of the West Coast Trail was included for those who might want it.

At the fateful start of this projected hike we wiser ones went down to the dock to see the hapless ticket holders struggle aboard the boat that would take them to the start. It was pouring, and it did not stop for the next three days. If rain could be solid, this was it.

We wiser ones went back to the dock to greet these bedraggled creatures. There was Noreen, Katryn----- Oh ! That is another story ----- but Brian did not have his tent with him. The misery had been supreme and tent was as a lead weight so he ditched it.

Brian has asked me to say something nice about him and I want to. He is the Kindest, most decent and considerate person you could meet.

For those who were on tours with him, he would like to hear from you.

Dennis Parsons

Amy Chesney, mother of Faye Wilson passed away Oct. 31st 2001. Amy lived in Portage la Prairie, Man. and played host to the 1990 and 1993 Cross Canada Groups. Both groups camped in her backyard and her "Nana Mobile" accompanied a few of our trips.

The "Nana Mobile" was with us on part of the Pacific Coast Tour last year and Mom had fond memories of her 82nd birthday present of firewood from the group.

A very precious piece of our equipment, the triangle dinner bell, was a gift from my Mom on the 1990 Cross Canada Tour.

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 who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for tours - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour coordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for **TOUR COORDINATORS INFORMATION Guidelines.**

Saturday - Benson 75 km. Sunday - Tombstone via Kartchner Caverns 75 km. Monday - Bisbee 42 km. Tuesday Bisbee, Queen Mine Tour/Hiking. Wednesday - Sierra Vista (Fort Huachuca Museum) 50 km. Thursday - Nogalas (Mexican Border) 102 km. Friday - Tucson (via Mission San Xavier del Bac) 106 km. Saturday - Casa Grande 112 km Sunday - Phoenix 96 km. Monday - Scottsdale with Jean Horrocks 40 km Tuesday - Fly Home.

We can accommodate a few more cyclists, **but need to hear from you immediately.** If interested, mail your cheque to the office and contact Janett Tregillis at 604-922-7556 for her best airfare. Janett has our bicycles aboard as luggage.

Instructions: The Vancouver group will arrive in Phoenix on Air Canada Flight 3503 at 6:32 pm Nov. 5th All other travellers, please arrange your arrival time close to the group. If impossible, please advice Shirley or Best Western Airport Inn 602-273-7251 for pick-up.

Participants: Shirley Fisher, Paul Westmattelman, Art & Brenda Borron, Jim Burnett, Warner Griswold, Judy Jackson, Dan McGuire, Ken & Annette Meleskie, Pablo Bleiker, Jan Johnson, Beverly Wagner, Ray Berg, Bernice Gregory, Donald Barker, Elma Gavin, Mac Harvey, Russ & Diane Horsnell, James Ladd

Tours Completed.

. Hawaii 2001	Victoria Hub & Spoke
Columbia River Dam Tour	Victoria to Comox
Comox Valley Hub & Spoke	Gabriola Circuit
Vancouver Island's West Coast	North Okanagan H & S
Grand Forks Hub & Spoke	Gabriola Again
Danube Bike trip	

Arizona 2001

November 5th - 20th
Shirley Fisher 604-255-0087

Estimated Cost: \$ 900 plus transportation.(Now due)

A 16 day motel tour in sunny Arizona cycling from Phoenix to the Mexican Border and back. Stopping to see the man made Biosphere II, pioneer mining life as depicted in Tombstone and Bisbee and much more as we cycle approx. 985 km.

Itinerary : Monday - Arrival Phoenix; Tuesday - Rancho Sonora via Casa Grands Ruins, 100 km. Wednesday - Biosphere II, 90 km. Thursday - Tucson, 70 km. Friday - Tucson Sightseeing.

Hawaii Tour 2002.

February 7th to 21st

Jim & Shirley Mae Jeffrey
(604) 943 - 0924 (Vancouver)
(250) 767 - 2242 (Peachland)

Costs: To be announced.

Deposit with application: \$100

All plans tentative. Arrangement for hotels etc. has still to finalized at press time.

This will be a vehicle supported tour with similar itinerary to past years.

Participants: Jim & Shirley Mae Jeffrey, Edward & Jackie Weinstein, Andree Milaire, Mary Edwards, Corry Coster, Judy Jackson, Elly Brok, James & Geraldine Reid, Romeo Quinter, Candice Havlin, Bruce McLean, Nan Bryant, Frank & Alice Campbell, Glen & Jean Smith

New Tours._____

KAMLOOPS ROCKIES LOOP.

July 21st-Aug.6th

Sally Svensson 604-987-3449
e-mail-sallynv@infoserve.net

Maximum participants: 24

Deposit: \$50 registration fee

March 1: \$150 for reservations Balance of \$450 by May 1st

An opportunity to experience the beauty of our Canadian Rockies with vehicle-supported camping and two special hotels-the Columbia Icefield Chalet and the Best Western at

Roger's Pass. The tour begins in Kamloops, heading north on the scenic Yellowhead Hwy. to Jasper. Then south on the Icefield Parkway to Lake Louise, west through Yoho National Park, Glacier National Park, via Revelstoke, Salmon Arm back to Kamloops.

15 nights camping 2 hotels 1 hostel

Complete itinerary-next issue- approx. 1100 km. total

PRINCE EDWARD ISLAND TOUR (Tip to Tip)

Dates: Approx. Aug 15 to Aug 30, 2002

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Maximum 28

Cost: \$350.00 per person, not including airfare.

Deposit: \$100. (\$20 Non-refundable), Balance \$250 due April 15. 2002.

Itinerary:

Day 1: arrive in Charlottetown, University of PEI:
B&B

Day 2: Midgell hostel (cooking facilities) - 50km

Day 3: Red Point Provincial Park - 75km:

Day 4: Panmure Provincial Park - 75km

Day 5: Lord Selkirk Provincial Park - 85km

Day 6: Strathgarney Provincial Park - 67km

Day 7: Linkletter Provincial Park - 102km

Day 8: Green Provincial Park (Cabins) - 50km

Day 9: Tignish Heritage Inn (B&B) - 80km

Day 10: Cedar Dunes Provincial Park -85km

Day 11: Chalet, Mont Carmel (Cabins, cooking facilities) - 78km

Day 12: Cabot Beach Provincial Park - 60km

Day 13: Cavendish National Park - 40km

Day 14: Charlottetown, University of PEI (B&B)-
60km

This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8 camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner. Participants will provide their own meals, Prov & Nat parks have cooking shelters.

This trip was planned to encourage our members from the east to participate in a Canadian tour that is closer to their home base.

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 a.m. at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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 for meeting place, time and destination.

VANCOUVER ISLAND

Victoria.

Sundays - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17

Contact:Roberto Bardati 389-0091

Nanoose/Parksville.

Thursdays - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road.

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays 10:00 a.m. at Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

OTTAWA

Thursdays -Contact; contact Gerry Sutherland 613-828-9502

KAMLOOPS RIDES

Contact Peter Baron 250 372 8392

For Sale

KHS Touring Bike, 25" Frame
Triple butted Cro/Moly frame, Cro/mo Fork, DT
SS spoked wheels, shimano 600 headset etc.
Excellent condition. Price \$600
Keith Clothier 250-247-8914

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

Newsbrief.



December 2001 Volume 18. Number 11

The Cross Canada Cycle Tour Society



I am happy to report that The Annual Banquet & Dance held in Vancouver was an outstanding success thanks in large part to the efforts of Sally Svensson and Betty D. Jones. They have now both stepped down as Directors. Thank you so much for your efforts throughout the year.

The AGM was well attended by close to 100 members. There were two openings for Directors and Carl Rorison and Ness McCulley were elected by acclamation. The meeting was followed by a buffet and a slide presentation of past tours.

At the Directors meeting following the Annual General Meeting: Congratulations to David Clark in his new and elevated position as your new President. You will be hearing from him in the next Newsbrief. Carl Rorison will be stepping in to fill John Peck's shoes as Membership Secretary and Shirley Fisher will be the new Events Manager, taking over from Sally Svensson

Rumors has more tours on the go shortly: New Zealand in February with Dennis Parsons and a Peace River tour with Ted Stubbs(look for news in January).

In conclusion I would like to thank the Directors and members for their support throughout the year, making my job as President and Newsbrief Editor so enjoyable

To one and all have great Christmas and a Happy New Year.

PS Your Christmas present is enclosed.

Rolf Petersen, Editor.

New Years Ride

On Jan 1, 2002, start out right, on the seat of your bike, and log some klicks from the border to Fairhaven and return.

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. Plan to arrive by 8:45 a.m. to allow for getting your bike set up to spin off at the appointed hour, as our hours of daylight are limited.

Please make your 'comfort stop' prior, as there are no washrooms open at that time.

We'll travel the back roads through Ferndale and follow the scenic Harbour drive in southwest Bellingham to Fairhaven, location of the Alaska Ferry Terminal, and lunch! Let's hope the Weatherman delivers our order for fair weather and following breezes.

Contact Mary Eickhoff for further details: 604 535 2513 or eickhoff@vcn.bc.ca

Last minute Christmas Shopping.

88' Miyata 615GT 18-speed touring bicycle for sale - mint condition.

Shimano parts throughout. It is 21" (530 mm) in size and comes with fenders, leather seat and 'rat' trap. Price - \$385. D. E. Stenton, 3680 Kathleen St., Victoria, B.C. V8P 3H4

Tel. 250 385-9780 email:desten@telus.net or dstenton@uvic.ca

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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors Fax: 250-752-3766 or E-mail: rolf.p@shaw.ca

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

For Further information Contact:
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CCCTS Calendar 2002

Directors Meeting held 1st Thursday of the month.

January		July 21st Kamloops Rockies starts
February	7 th to 21 st Hawaii New Zealand ?	August 6th Rockies tour Complete 15 th to 29 th P.E.I. Tour
March		September
April		October
May	6 th Victoria Picnic 6 th to 9 th Victoria Hub & S.	November
June		December

New Members

Beairsto, Jim & Fern 604-985-8507
2151 Kirkstone Place, North Vancouver, BC V7J 3R1.
Campbell, Marshall 425-747-7220
1604 West Lake Sammamish NE, Bellevue, WA, USA 98008.
Davidson, Jill 604-228-8250
3820 West 12th Ave., Vancouver, BC V6R 2N8.
Parker, Roger 604-438-1064
9B-6128 Patterson Ave., Burnaby, BC V5H 4P3.
Westermark, Tony & Vida 604-434-2763
3641 Brahms Ave., Vancouver, BC V5S 4G9.
Wolverton, Eleanor 250-334-4440
320 Carmanah Dr., Courtenay, BC V9N 8N4.

CCCTS Halloween Ride and Party, Ladner, B.C.

Six riders ignored the rain and cycled the first lap of the regular Tuesday ride. Al Hollinger, in spite of his injuries, came out with his finely tuned wheelchair to start the ride but was spared the effort as his group is well trained and allowed him to stay in the car on this rainy morning. After arriving at the Rifle Bird Sanctuary, most of the group returned to Ladner to prepare for the party but a couple of hardy souls said they would ride to the Tsawwassen ferry terminal first. A banquet of a luncheon was being set out at the Ladner Kinsmen Center. Our host AIH and some friends treated us to lasagne, chili con carne, fresh vegetables, as well as Nanaimo bars and other delicacies. 26 people were present, about 8 in costume. There were replicas of Nepharia, Marge Simpson, a brightly tattooed lady, a wizard-like person in a peaked hat, a straw woman, and of course a witch, as well as our host, playing a part like Rick Hansen. When all were well fed, Carol Graham of the Seniors Radio Program on co-op

Thank you, Al, for a fine time. *by Helen E.*

Arizona 2001 - A Neophytes Perspective .

By Em. Gavin.

Circumstances scrapped a planned trip to Nepal from Nov.9 to Dec.10. About a week before the Phoenix to Nogales trip was starting, I learned about the club from Emmy Mattes on Gabriola Is., where I live. The time frame for the trip just fitted my escape window. I phoned Shirley Fisher and she was immediately enthusiastic and encouraging. The trip was almost full but another woman would balance the room arrangements. I had not done any extensive cycling and my bike was in need of service as I mainly use it on Gabriola logging roads.

Taking a bike as baggage was a new experience. Hank had told me about removing pedals, loosening the handlebars, deflating the tires. An awkward process and by the time the bikes were delivered in Phoenix, my wheel was jammed by a brake pad and the chain was askew, I was covered in grease before I got the bike to the van for transport to our motel. That was only the beginning of my troubles. It was difficult finding a pump to fit my valve. I assumed the van would be equipped with a handy foot pump just waiting for me. I soon discovered my bike was a misfit. Even though I pedaled as hard as others, I couldn't keep up. After morning coffee break the first day, Shirley Fisher kept me company. Before long she got a flat. I stayed to help and learn something too. Arizona has a lot of thorns that can get stuck in tires and if you don't find and remove them, you will soon have another flat. Between the flat and me dragging along, it was sundown by the time we got to Coolidge. We still had 22 k. To go. We found ourselves cycling down a dark road, no shoulder, no lights, blinded by oncoming traffic. What fun! What a sore butt! And it wasn't just saddle sore. I discovered one must be wary of parking tender parts over plants in Arizona. Whatever I contacted blistered and remained raw the entire trip. The first day was 105 k. When I discovered I had survived it, and even felt reasonably human the next morning, I was hooked.

The following days fell into a routine pattern. Up before dawn, a quick breakfast either at a nearby restaurant or provided. Hit the road soon after daylight. Hopefully get on the right route and keep going until the welcome sight of the parked white van announced coffee break where Bernice waited with fresh brewed coffee, fruit, and sandwich makings. I often started out with someone but was soon left behind. The terrain was generally fairly level, much traffic and roadside garbage close to cities. Most everywhere cacti, mesquite, sage, dry riverbeds and 'washes'.

Our stop at Biosphere 2 the third night was a treat. Luxurious rooms in a cultivated area dedicated to conservation and research. A fine restaurant was part of the establishment. The hill up to Biosphere was long and gradual but it meant a fine start the next morning.

A bike path along the dry Santa Cruz riverbed into Tucson was a nice break from city traffic. And a dip in the pool on arrival at the Rodeway motel was most welcome. Day 4 of the trip was a day off in Tucson. First priority was a cycle shop where I

invested in a new seat, a taillight, headlight, pedal wrench, a tire pump and spare tube. Had tires checked and found both were under inflated. Inexperience is a state to be corrected rapidly! A tour of the university area in the afternoon was a nice change.

The trip from Tucson to Benson, rated 80 k. Turned out to be a test for me. Cycling alone and following the map, I ended up on a long detour going nowhere. The map showed us going through Vail, or so it appeared, cycling Pantano Rd. and ending up back on I-10. As it turned out, the end of this lovely bike route ended up at The Old Spanish Trail and Colossal Mines and never did reconnect with I-10. I had to backtrack to Vail, consult with a young man in the Feed Store who told me others of my group had passed that way and also asked for directions. As it turned out, we were to have taken Frontage Rd. which turned off before Vail and was not even mentioned on the map. Needless to say I was the last in that day. At one point I would gladly have thrown my bike in the back of someone's pickup and been driven the rest of the way to Benson. The last 24 k. Was torture-busy I-10 with the usual semis sucking you along as they blast past.

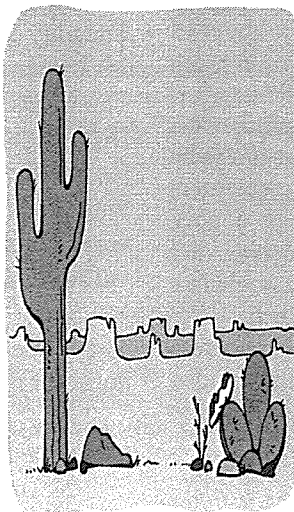
My last night's resolution to ride in the van for the trip to Tombstone was abandoned the next morning as I realized the trip was only 45 k. And I felt just fine after a night's rest. The countryside is more pleasant now, cleaner, greener, less traffic. We are off the big truck route. Arrived in Tombstone where Bernice had lunch set out. Bless Bernice. She looked after our gastronomic needs expertly throughout the trip.

I love the old West! Was a big Zane Grey fan in my younger years and always wanted to be a cowboy. But I was born a girl. Thwarted from the beginning! Anyway, I toured Boot Hill to look at the gravestones-especially the markers for those involved in the OK Corral shootout. Also saw a re-enactment of the shootout and a film and model presentation of the town's history. Saw the rose tree-over 100 years old.

The ride from Tombstone to Bisbee was lovely-clean air, very little traffic, good bike lane, warm sun-almost a religious experience! Some substantial hills before Bisbee but having conquered them, a nice winding ride down into the town to the very old, very quaint Inn at Castle Rock. Our regular 5 to 6 o'clock happy hours get us together and we are gradually getting to know each other more individually. Dinner time usually broke us into smaller groups as time and food preferences dictated. The group scattered on our day off in Bisbee. Judy Jackson and I hiked up the hillside overlooking Bisbee to a shrine and above the letter "B" imprinted in white on the hillside.

On the Bisbee to Sierra Vista ride we were rerouted when the road across the valley was blocked due to a major propane leak. Police, fire trucks. We were sent back to take the road through Hereford-probably an extra 10 to 15 k. The long road into

(Arizona, continued page 4)



(Arizona continued)

and through Sierra Vista was broken for me by a nice lunch/rest stop at a Denny's after which I picked up a one inch tack in my front tire. I guess it was my turn. Several others had multiple flats by this time.

The ride from Sierra Vista to Nogales was long (102 k) but quite scenic most of the way and not too busy. On arrival, some of us crossed the border into Mexico to check out the tourist traps; van ride courtesy of motel.

The ride back from Nogales to Phoenix was done in three days, each around 100k. more or less. Most of the route was very pleasant and relatively easy except when we got close to busy centres. I think, for everyone, the main problem is saddle fatigue and the long days can be quite uncomfortable after awhile. About half way to Casa Grande a Dairy Queen showed up in the middle of the desert. I thought it was a mirage but a peanut parfait soon proved the fact. When I arrived, Don Barker was there with a couple of friends he met along the way and Mac Harvey showed up as well. It was a refreshing stop. About 8 K. before reaching the motel, I had another flat-rear tire. Got busy and changed it-about ½ hour-and got back on track. When I arrived at the motel, I was met by Warner Griswold who insisted I go directly to the pool area to be photographed. Seems I had a telltale grease smear above my lip and my hands were also black. Everyone else around the pool looked fresh and clean. Pablo, a man of infinite charm, was persuaded to pose with me. We had a big dinner at Denny's that night with a birthday cake for Art Borrón and Dan McGuire whose birthday are very soon. We had a cake for Jim Ladd in Tucson on the 8th as well. After a very delayed dinner (it took 1 ½ hours to be served) we met in the hotel lobby for awards. Everyone was recognized in some way.

The last ride, from Casa Grande to Phoenix started out with another flat for me. Apparently I had not got the thorn out of the tire so by morning my tube was punctured again. So I got a very good lesson from Warner in locating the thorn, using the toilet tank to find the leak in the tube, and getting the wheel on in jig time. Warner was a big morale booster to me throughout. The last day I missed the coffee break as my route did not correspond with that of the support van; However Bernice and Ray caught up with me about noon where the route zig-zagged along the base of South Mtn. on the long approach to Phoenix. Some of the group were already leaving so our arrival dinner was down to about 16 people. The group was amicable, helpful, and showed concern for one another. Bernice Gregory was a wonderful "shagger" always ready, always pleasant, and always well supplied. This trip was a terrific first experience. I learned a lot about how to be prepared: From getting a bike ready to fly(!), necessary equipment and how to use it, a suitable road touring bike (mine is not), making drinking water overnight from ice cubes melting in a plastic bag-lined ice bucket-thanks to Shirley Fisher. I would like to thank Shirley Fisher for planning and leading this trip. Thanks also to Ray Berg for his help at the airport in Phoenix. Ray is a true gentleman. Thanks to the Borróns who provided transport from the airport to Victoria when my ride failed to materialize.

A great trip, a great group!

REMEMBERING THE DANUBE

Water, water everywhere but what a great trip we enjoyed! It was our first major bike trip together and yes we were the ones on the bad-ass red Co-Motion tandem. I'm sure our group scratched their heads wondering if we would last the whole trip together--okay okay you can chuckle now. No, we did not sell the bike and have been out since returning. However Gerri has a new bike of her own so she is getting ready to cycle the world.

What a beautiful way to see a country just spinning through the corn and sunflower fields. Arriving in small villages and towns, joining in the festivals and mingling with the locals was just awesome.

In Victoria we were told that Europe would be sunny and warm in Sept. So our packing didn't include much rain gear, actually none for "Gino". In Regensburg he painfully broke down and purchased some rain apparel and paid full retail prices.

It was wonderful meeting, hanging out and laughing with our CCCTS companions from Victoria, Vancouver area, Ottawa, St Augustin QC and Zehdenick, Germany. Much appreciation to Carl for his Radweg mapping. A special thanks to Max Bissegger and his helpers for all their hard work in organizing this great trip. Oh Max, you sure kept us on our toes with the hill climbs to the hotels at the end of the day. Whew!

Lets keep up the cycling tours so that we can all meet up again one day---Long live CCCTS

by Gene & Gerri Salamatian

The Ladner Christmas party is on December 18th noon - 2 pm, at Kinsmen's Hall, 5050 47th Ave. There will be dancing after lunch (Remember to bring a goofy gift).

The ladner birthday bash.....fell on Nov.:13th the second Tuesday of the month. As usual it was well attended, about 27-30 people. the cake was carrot with thick cream icing. The birthday babies, (i say that with great respect) were, Dorothy Kennedy, Eva Folk, Noreen Timms and Andre Kaufmann. This was a popular month, and these guys are long time members, still cycling the yellow brick road and very active in their individual lifestyles! Gardening, volunteering, hostessing.

They keep on going and going and going, may their duracell never get wet..... b.d.j.

Thom Thompson, President and CEO
Insurance Corporation of British Columbia
2600- 200 Granville Street
Vancouver, BC V6C 1S4

Subject: Support for Current Automobile Insurance Delivery System and the Benefits for Cyclists

Dear Thom,

I am writing this letter on behalf of the members of the ICBC Cycling Advisory Committee. The mandate and role of our committee is to provide you, as the President and CEO, with on-going advice regarding cycling policies, programs and legislation as they affect both ICBC and the cycling community in BC.

This letter highlights urgent concerns of the committee members that have recently come forward. Our committee is well aware that a group of private insurers from outside BC are currently very aggressively lobbying to change the way automobile insurance is delivered in this province. Specifically, they would like to open up the current market to full competition.

On the surface, this idea may seem fairly harmless, as in many cases increasing competition can be quite beneficial. However, in this particular instance there would be a number of severe negative implications to the cycling community in BC.

Road Safety - The impact on the loss of road safety initiatives will greatly affect cyclists because they are a more vulnerable road user. As a public insurer providing basic coverage for all British Columbians, ICBC has a business rationale for creating safer transportation routes in BC and a mandate to take the risk out of road transportation. By making transportation safer for both automobiles and cyclists ICBC is able to reduce the number of deaths and injuries. Road safety initiatives positively affect cyclists. Examples are the increased road safety education and other safety measurements such as red-light camera, photo-radar and drinking-driving counter attack. These initiatives reduce the amount of claims and consequently lower the cost of motor vehicle insurance. If the market were opened to full competition, ICBC and the other insurers that would be operating in BC would lose this incentive to invest in safer roads. The benefits would accrue to competitors as well as the initiator of such road safety initiatives.

Road Improvement Programs - There is no question about the fact that cyclists benefit from the ICBC Road Improvement Programs. ICBC as a public insurer has taken the lead in many road improvement programs in this province. For example, cyclists benefit from traffic calming, improved intersection design and the consultation process between cyclists, the Ministry of Transportation and Highways and ICBC. Again, these initiatives greatly improve the climate for cyclists on the BC road system and in turn reduce claims and injuries.

Universal Coverage - At the moment cyclists, like any other person in BC, may turn to ICBC when confronted with, for example a hit-and-run collision. If this province loses its universal coverage through ICBC, cyclists will no longer be able to recover their damages. In a hit-and-run event, it will be almost impossible to determine which insurance company to turn to. ICBC's mandate is to provide protection for all motorists in BC. This is not the case in jurisdictions with full competition as insurers have the right not to insure someone and can cancel coverage at any time. This combined with excessive premiums for some people has led to, according to industry experts, up to 15 % of uninsured drivers on their roads. Any change that would increase the number of uninsured drivers on BC roads represents increased risks for cyclists and is therefore unacceptable to our advisory committee.

Influence on Public Policy in BC - The positive influence the cycling community has on public policy through the channels of ICBC and the Motor Vehicle Branch are significant. The current insurance system in BC ensures that BC stakeholders, including cyclists, are able to influence policies and programs that have an impact on them. This local support, control and influence would be lost under a private system. Additionally, in a private insurance system the majority of the insurance companies operating in BC would be based in eastern Canada, the US and Europe. It would be these companies that would influence the system, not stakeholders such as those represented through the Cycling Advisory Committee.

There are clearly public policy reasons to maintain the current automobile insurance delivery system in BC. The ICBC Cycling Advisory Committee opposes any initiatives that would take away the benefits that British Columbians currently enjoy, especially the focus on creating safer transportation for all road users in BC. Should you have any questions regarding this letter please don't hesitate to give me a call at (250) 370-0428.

Sincerely,

Francis van Loon
Chair, ICBC - Cycling Advisory Committee

Editors Comments:

The CCCTS is a member of the GVCC (Greater Vancouver cycle Coalition) on whose behalf this letter was mailed back in March. The British Columbia Government is looking to doing away with ICBC. If you believe in the benefits of public insurance and keeping your insurance premiums in B.C. I urge you to show your support by forwarding this letter to your local MLA or Premier Campbell. (Thom Thompson is no longer President of ICBC)

Five silver for Nicholas.

Strong winds prevented her from taking a run at her own record, but Donna Nicholas still returned to Kelowna with five silver medals at the 15th annual Huntsman World Senior Games in St. George, Utah, recently.

Nicholas, 63, who set a games record and won a gold medal last year in the five-kilometre cycling hill climb event for 60-64-year olds, settled for a silver medal time, with a mark of 23:56, almost four minutes slower than 2000.

High, swirling winds also hampered performances in the 50-kilometre road race. Nicholas, who finished in about one hour 59 minutes last year, took silver this time around with a time of 2:13.

“It was brutal,” exclaimed Nicholas, who was among about 80 cyclists in the event. “Two long hills make it tough enough but no matter which way we were going, there was wind in our face. It would have been better if I would have had someone to draft with, but I was well behind the leaders and well ahead of the slower riders, so I ended up bucking the wind the whole way.”

Nicholas over came adversity in the cycling criterium on her fourth day of competition. She wiped out near the beginning of the race while trying to get clipped into her pedals. But despite starting almost a half lap behind, she regained her composure and disregarded the road rash and bruises to claim a silver.

Nicholas also earned a silver medal in the 20-km cycling time trial. She opened her five days at the games with a silver-medal performance in the 10-km run.

Slowed by cramps last year on her way to a bronze medal, Nicholas came through this time with her best time in the past three years - 53:13 - good for fifth overall and a silver medal in her age category. “I’ve been taking electrolytes (potassium capsules) and Gatorade and I think that really helped. I had no problem with cramps this time,” explained Nicholas.



The Kelowna senior was among about 6,000 athletes 60 and over to take part in the Huntsman Games where the theme this year was “Reach Higher.”

The event held in St. George, near Zion National Park, began in 1967 with about 500 participants, but as the health-conscious Baby Boomers are turning 60, the games keep on growing.

“It’s great fun participating, but it’s even more fun meeting the same people you got to know the year before,” said Nicholas. “I have no problem recommending it to friends.”

As several of our Okanagan Hub & Spoke tour participants requested my breakfast muffin recipe, I am enclosing it for printing in the Newsbrief.

Morning Glory Muffins (Donna's breakfast muffins)

Mix: 2 cups flour	Stir in: 2 cups grated carrots
1 & 1/4 cup white sugar	1/2 cup raisins
2 tsp. baking soda	1/2 cup nuts
2 tsp. cinnamon	1/2 cup coconut
1/2 tsp. salt	
1 grated apple	

Beat 3 eggs, 2 tsp. vanilla and 1 cup salad oil. Stir into flour mixture until batter is just combined. Spoon into muffin tins, filling to the top. Bake @ 350 degrees for 20 minutes. Makes 14 to 16 large muffins.

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 who enable us to provide tour opportunities at cost. 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.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for tours - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour coordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for **TOUR COORDINATORS INFORMATION** Guidelines.

Hawaii Tour 2002.

Jim & Shirley Mae Jeffrey

February 7th to 21st

(604) 943 - 0924 (Vancouver)
(250) 767 - 2242 (Peachland)

Deposit with application: \$100

Total Cost \$2480 **Full Payment by Jan. 6th 2002**

All plans tentative, but bookings will be finalized by Dec. 15th

Approximate costs: Air Canada/ Aloha - Vancouver-Honolulu-Kona incl. Bikes both ways' \$ 1180 (hoping to better deal by booking time!) Accommodations- Hotels/Motels \$ 1250 "Estimate only". Hopefully will include some breakfasts and at least one dinner.

Support vehicle - car / van Max \$ 50

Itinerary: Thurs. Feb 7th Vancouver to Kona; Fri. Kona; Sat. Captain Cook (20 km.); Mon. Naalehu (76 km); Tues. Volcano (62 km); Thurs Hilo (46 km); Fri. Hilo; Sat Honokakaa (hike to falls); Mon Waimea (26 km); Tues Hawi (34 km); Wed Kona (83 km); Thur. Kona - Honolulu - Van. (if connections can be made).

This will be a vehicle supported tour with similar itinerary to past years.

Participants: Jim & Shirley Mae Jeffrey, Edward & Jackie Weinstein, Andree Milaire, Mary Edwards, Corry Coster, Judy Jackson, Elly Brok, James & Geraldine Reid, Romeo Quinter, Candice Havlin, Bruce McLean, Nan Bryant, Frank & Alice Campbell, Glen & Jean Smith

KAMLOOPS ROCKIES LOOP.

July 21st -Aug. 6th

Sally Svensson 604-987-3449 e-mail-sallynv@infoserve.net

Maximum participants: 24

Deposit: \$50 registration fee

March 1: \$150 for reservations Balance of \$450 by May 1st

An opportunity to experience the beauty of our Canadian Rockies Icefield Chalet and the Best Western at Roger's Pass. The tour begins in Kamloops, heading north on the scenic Yellowhead Hwy. to Jasper. Then south on the Icefield Parkway to Lake Louise, west through Yoho National Park, Glacier National Park, via Revelstoke, Salmon Arm back to Kamloops.

15 nights camping 2 hotels 1 hostel

Complete itinerary-next issue- approx. 1100 km. total

Tours Completed.

Hawaii 2001	Victoria Hub & Spoke
Columbia River Dam Tour	Victoria to Comox
Comox Valley Hub & Spoke	Gabriola Circuit
Vancouver Island's West Coast	North Okanagan H & S
Grand Forks Hub & Spoke	Gabriola Again
Danube Bike trip	Arizona 2001

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

How did you find out about our club, from a member , Website , other _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

PRINCE EDWARD ISLAND TOUR (Tip to Tip)

Aug 15th to 29th 2002

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Maximum 28
Cost: \$350.00 per person, not including airfare.
Deposit: \$100. (\$20 Non-refundable), Balance \$250 due April 15, 2002.
Complete Tour Itinerary in November Newsbrief.

This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8 camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner. Participants will provide their own meals, Provincial & Nat parks have cooking shelters.

This trip was planned to encourage our members from the east to participate in a Canadian tour that is closer to their home base.

Participants: Roberto Bardati, Sonya Bardati, Jim Beairsto, Fern Beairsto, Janet Cameron, Keith Clothier, Jenny Cookson, Jean Covell, Dave Darts, Vickie Darts, Mary Edwards, Penny Estabrooks, June Gallagher, Valerie Gillespie, Dorothy Glover, Les Hudgins, Julie Irwin, Theresia Keet, Myron Kowalyk, Ellen Kowalyk, Ken Kraft, Lee Kraft, Marthe Lambert, Dan McGuire, André Milaire, Ann Miller, Marilyn Murphy, Roger Parker, Myrna Pollard, Brian Pollard, Bobbie Redmond, Gerri Salamatian, Gene Salamatian, Tamas Sandor, Wendy Sandor, Berta Sen, Shirley Sloan, Edward Weinstein, Jackie Weinstein.

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 a.m. at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280
(Courtesy only - not a CCCTS Ride)

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 for meeting place, time and destination.

VANCOUVER ISLAND

Victoria.

Sundays - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17
Contact: Roberto Bardati 389-0091

Nanoose/Parksville.

Thursdays - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.
Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays 10:00 a.m. Tim Horton's at Superstore Mall.
Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

OTTAWA

Thursdays - Contact Gerry Sutherland 613-828-9502

KAMLOOPS RIDES

Contact Peter Baron 250 372 8392

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____