

Newsbrief.



The Cross Canada Cycle Tour Society

January 2003 Volume 20 . Issue # 1

President's report.

David Clark

The new year is upon us pregnant with possibilities. Dennis Parsons tour of eighteen including four of our directors will be enjoying New Zealand on their bikes. We can wish them good luck and ask them to enjoy the relative value of our



Canadian currency which buys so much more there than it does here. Chris Siggers will start the Hawaii tour on the 23rd of January and I guess he will have the opposite problem with what the Canadian dollar can buy.

We are dreadfully sorry that there has not been sufficient interest in the Transamerica Trip to make it happen. An enormous lot of work has been done by Judy Jackson to work out the logistics and routes. If you have been sitting in the woods hoping to go but being unwilling to commit you might want to call Dan McGuire. Failing a significant resurgence in interest this major trip will be lost for this year.

Editor's note: This tour have since been cancelled.

The annual Christmas parties in Victoria and Vancouver were great successes. The Wig and Thistle guys were enormously funny and got us laughing, singing and dancing up a storm. The dancing in Vancouver was very elegant by contrast with a lot of older tunes that we knew. The food in both places was great and a special vote of thanks is due to both Shirley Fisher, Jean MacDonald and all their helpers.

We had our first Board meeting on January 2. It was wonderful to have the significant contributions from new directors Kim Vogt, Don Stenton, Walter Griffioen and Ray Bremner.

Editor's comments.....

Throughout the year we mail up to 500 copies of the "Newsbrief" to members around the globe. We mail to such diverse places as Holland, Great Britain, Hong Kong and many Provinces and States. This is made possible by the input of a few volunteers from Vancouver and also Victoria where I live.

I have been approached in the past to make the Newsbrief available via e-mail and have been experimenting with mail outs to several members as guinea pigs in the past few months. If you choose to receive the Newsbrief this way you will: 1. Reduce the work load of some of your fellow members. 2. Get it quicker than snail mail, in particular if you live out of country 3. Get it in colour. 4. Save your club a bundle in postage (postage per item max. weight 30g; Canada \$ 0.48, U.S. \$0.65, International \$1.25). 5. Print your own copies if required.

It will be mailed out in PDF format. The size of the attachments are usually less than 1 meg which if you have a 56 k modem will require a down-load time from 5 to 10 minutes. Acrobat Reader is required to open this document and is available free on the web.

After applying, you will have two months (during which time you will still receive the printed copy via regular mail), to decide if this is to your liking. The mailed copies will then stop coming, unless we are informed otherwise.

To apply for this service please e-mail both CCCTS and the Editor at the same time with your name and address.

E-mail: cccts@vcn.bc.ca and rolf@pacificcoast.net

Please inform office and editor of any change in your e-mail to avoid returns of attachments.

Your e-mail subscription will expire when and if your membership expires.

I appreciate any articles related to cycling and camping both of an educational and informative nature. Individual and club tours as well as information from local chapters of the club. There are times when the input from members get pretty slim, in which case I have to beg, borrow and so on from other publications and the web.

Rolf Petersen.

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 E-mail: rolf@pacificcoast.net

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

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CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

January

4th New Zealand.....
23rd Hawaii.....

February

7th Hawaii complete
20th New Zealand finito.

May

12 to 15th Victoria Hub & Spoke
17th Start Yukon Gold Trail.....

June

11th Yukon Gold Trail. finito
13th to 16th Victoria-Comox Valley
16th to 20th Comox H & S
20th to 25th Quadra & Cortes Isles

July

7th to 11th Brentwood Bay -
Gabriola Circuit

New Members

Enns, David
604-856-7058 29138-58 Street, Abbotsford, BC V4K 2G1
Johnson, Marilyn L
206-548-0337 2405 North 40th St., Seattle, WA, USA 98103
Roodenburg, Hank
250-475-0417 74 Crease Ave., Victoria, BC V8Z 1S5.
Turner John
250-752-7288 635 Cedar Street, Qualicum Beach, BC V9K 1H2

TRANSAMERICA BICYCLE TRAIL

We regret to announce that participation on this tour has fallen to a level where it is no longer feasible to continue, so the tour is cancelled.

We wish to thank Judy Jackson for all the effort in organizing and preparing for the tour, and to thank all who supported her in this work.

For Your Safety

Things to remember about drivers:

Some of them drink before getting behind the wheel.

Some of them can't see very well.

Some of them are thinking about other things.

Cars have blind spots - places where the drivers can't see well. (A big one is at the right rear corner).

No one can stop a car "on a dime". Trucks take even longer to stop.

Some drivers just don't notice bike riders. They aren't used to seeing us, and they don't!

*From the Florida Department of Transportation's
Bicycle/Pedestrian Program*

THE NEW YEAR'S CENTURY 2003 THAT WASN'T.

That Lucky Old Sun slept in and left it to the Rainman to bring in the New Year. David Gillanders, Chris Hodgson and I were singin' the blues in the rain as it became obvious it was a no go, and adjourned to the 'Pink Palace' for a consolation coffee. Better luck next year, or, who's interested in trying again on July 1st ? Let's put a flag on the calendar and see what happens!

A tip to those cycling south of Ferndale... in mid-Dec an Email message circulated on the VACC ListServe about vicious dogs attacking cyclists on Ferndale Rd between Slater and Marine, just north of the bridge over the slough - the route CCCTS cyclists usually take en route to Bellingham/Fairhaven. On follow-up with a member of the Mt. Baker Bicycle Club an alternate route was suggested as follows, for the benefit of anyone who may be cycling in that area:

"A better route is from Ferndale down Hovander Rd. to Smith, right on La Bounty to Slater, cross Slater now on Rural, follow Rural and it will become Curtis by the RR tracks, continue south to Country Ln at the RR tracks again, left about a mile, right on Wynn to Marine Dr. and then right into Bellingham. This is called the Scenic Route with very little traffic."

Many thanks to Ken Wuschke of VACC and Eric Lindquist of Mt. Baker Bicycle Club for the 'heads up'.

Special thanks to David Gillanders for volunteering to lead 'The New Year's Century 2003 that wasn't.'

By Mary Eickhoff

LADNER CHRISTMAS PARTY.

It was a rainy, blustery day for Al Hollinger's Tuesday ride and only a few hardy souls turned out but forty-four members did turn up later at noon for the annual Christmas party at the Kinsmen House in Ladner.

It was a sumptuous affair completely hosted by our leader, Al. He had willing helpers, of course, with Val and Jerry Brereton, Shirley Fisher, Dorothy Kennedy, Joan Rumsey, Betty Darvell-Jones, Mary Whyte, and Noreen Timms all putting out a dinner of baked salmon, beans, macaroni, cold cuts, and all those little go-withs including wine and other drinks. For dessert we had chocolate cake, cookies and Betty made an "out-of-this-world" trifle. Clearly, Al and the girls out-shone the caterer's effort at the earlier annual dinner dance.

Santa arrived soon after dinner in the form of Al who sat by the Christmas tree and gave out presents to us all. Afterwards, we sang Christmas Carols with Eva Folk and Alyce McKay providing the inspiration for us to lift our voices and we even managed to take "The Twelve Days of Christmas" to new heights.

It was a very pleasant festive occasion and we all thank you, Al, for providing the Christmas cheer for us.

Marten McCready

Victoria's New Years Day Ride

That was.....

Even though the wind was blowing, and the rain was pouring, and the old man was snoring; the Victoria's New Years Day ride was certainly a success.

Twenty-nine of us enjoyed a hearty meal at the Spitfire Restaurant, located at the south side of the airport. An excellent turnout despite the weather and the late night celebrations welcoming in the New Year the night before.

Of the twenty-nine, twelve were brave (and hardy) enough, to cycle all the way.

One more year and we do it again.

Happy New Year to all and have a great cycling year!

Roberto Bardati

Another Ladner Birthday.

Our festive season for the Ladner cycle group was kicked off at our birthday Tuesday with our three members, Carl Rorison, Kathyn Jeronimus, Val Brereton enjoying their beautiful cake decorated with Christmas icing. Noreen Timms thanked Val for all the behind the scenes work that she does for the club.

There were 19 members present and most all went to the Christmas concert at the Ladner Community Center following the dinner.

The concert by Delta Choir and brass bands was of excellent quality. We ended the evening with carol singing. What a great way to start our holiday season.

Greetings to all...

Alyce McKay

Why is Santa always so jolly ?



Answer: Because he knows where all the bad girls live.

YOHO PARK INCIDENT.

by Dan McGuire

The story of four stranded cyclists in Yoho National Park, on the 2nd Rockies tour, was told in the November Newsbrief. They had enjoyed a short side trip off the highway to see the Natural Bridge where the Kickinghorse River flows through a hole it carved in the rock aeons ago. One of them had obtained a map of the area from a Parks office the day before and they noticed a trail, which seemed to coincide with a trail on the map paralleling the river and highway, so decided to try it.

On our cycle tours we often take a side trip or parallel route that will reveal places or scenic or cultural interest. We usually encourage this so the participants will gain the maximum benefit from the tour. Often these are impromptu so the cyclist can't tell the tour coordinator in advance. The cyclists will turn up at the end of the day and will have seen the places they wanted to. If they had run into trouble there was usually help available from someone on the road or living nearby. There might also be a bus or train to hop on if the time got too late.

In Yoho Park the four went down this trail, which seemed passable at first but then deteriorated and there was a sign that said "trail no longer maintained". Their map showed about 19 km more to rejoin the highway. The map also had a disclaimer that read "Distances are approximate. This is not a topographical map and is not suitable for route finding". Sharon sent a letter to the Parks' office pointing out the errors on their map. They replied with a promise to delete the trail from future maps and alert the local Parks' offices of this discrepancy.

This type of venture is different than a side trip to a museum, chateau, or pastry shop. They were in an area inhabited only by wild animals and with no passing motorists, so there was no help readily available. Had they turned around when they found the terrain did not match their map it would have been only a few kilometers back but it would have saved many people much inconvenience. I hope we can learn from this.

In addition to the police and Parks' staff, the tour coordinator and support vehicle driver, David Brown, had work added to his duties. About 5 pm when the four did not show up in camp he alerted the police and then about 10 pm was called back to the park (where he had set up his coffee break that morning) to pick up the three women, and they arrived back at camp toward midnight. Sharon wrote "on the Rockies trip I was amazed at the jobs David had on his plate every day -- David did an admirable job especially considering it was his first trip to lead".

So, all's well that ends well! The rest of this Rockies tour went more smoothly. Future tours will have their little adventures and unusual twists but thanks to the efforts and good will of all we can look forward to many pleasurable experiences.

To all the volunteers of 2002, your initiatives, enthusiasm, and hard work are very much appreciated. And thanks to the efforts of the volunteers for 2003, we will all enjoy wonderful cycling in the New Year -- It's looking good!

OATS

Thanks to the Elbow Valley Cycle Club Journal, CADENCE

Editor's comment (Every CCCTS camping tour has their porridge expert. This article is dedicated to them (you too, Bill))

The venerable English essayist Samuel Johnson wrote, "Oats: food usually reserved for horses in England, in Scotland supports the people." *

A few years later, his own biographer, the equally venerable Boswell himself a Scot, wrote back, "Aye, which is why in England you'll raise fine horses, while in Scotland we'll raise fine peepul." ** Now bad accents and cultural differences notwithstanding, it turns out that oats are, well, pretty much a wonder food. (from Food TV's Good Eats, Alton Brown)

Oats contain 2 to 5 times more fat than other grains. And they also contain a fat dissolving enzyme and so they go rancid really quickly. You have to process them immediately after harvesting. Oatmeal is the only food that naturally contains GLA (gamma linolenic acid) an essential fatty acid critical to the body's production of the favorable eicosanoids (PGE1 - prostaglandins). Eating steel-cut oats (very slow cooking) four times a week will provide you with a good supply of GLA.

In the U.S. almost 16 million people suffer from Type 2 diabetes with as many as 625,000 new cases being diagnosed each year. A new 10-year study published in the American Journal of Public health indicated that eating oatmeal (a whole grain cereal) on a regular basis can help to reduce the risk of Type 2 (adult onset) diabetes. The study showed that eating 1 serving of oatmeal (equivalent to 1 cup cooked) 2-4 times weekly resulted in a 16% reduction in risk of suffering from Type 2 diabetes. By increasing consumption of oatmeal to 5-6 times weekly, there was corresponding 39% reduction in the risk of onset of Type 2 diabetes.

The problem is that if you go to the local supermarket, you won't find steel cut oats. Steel-cut oats (also known a pin-head, Irish, or Scottish oats) are whole grain groats (the inner portion of the oat kernel) which have been cut into only two or three pieces. They are golden in colour and resemble mini rice particles. You will have to go to your local health food store to find them.

Now if you were to take these and steam them and press them out in rollers and then dry them, you would have rolled oats, a.k.a. old-fashioned oats, a.k.a. oatmeal. These are the oats we think of when we think of oats. Now the idea of mashing them flat that was an American thing. Makes them cook faster. The problem is, faster is not always better. In fact they tend to produce a rather measly mush. You could mash them even thinner, par-cook them and then dry them. Then you would have instant oats which I would not feed to my horses.

Steel Cut Oatmeal

Recipe courtesy Alton Brown

1 tablespoon butter

1 cup steel cut oats

3 cups boiling water

½ cup whole milk

½ cup plus 1 tablespoon low-fat buttermilk

1 tablespoon brown sugar

1/4 teaspoon cinnamon

Oats continued page 8

CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone, fax 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 and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Tours completed 2002.

Hawaii 2002	Kamloops Rockies # 1 & 2
Victoria Hub & Spoke	Prince Edward Island #1 & 2
Alberta-Smoky River	Gabriola Island
Brentwood-Gabriola	Arizona

New Zealand 2003

Jan 12th to Feb 20th

Dennis Parsons 250-881-1170 _dovic@inetex.com

or Don Stenton 250-385-9780 dstenton@uvic.ca

No deposit; pay as you go, arrange own air transport, approx. \$25/day and up.

A tour of New Zealand's South Island starting in Christchurch, via Lake Tekapo, Queenstown, Haast Pass, Fox Glacier, Westport, Motueka, Nelson, Blenheim, Kaikoura, and

Christchurch. This tour has grown from numerous past tours, and is the most extensive one so far, and with all the most interesting rides included. Call the organizers for more info, and find out how to cycle along with this group.

Participants: Dennis Parsons, Brian Altenkirk, Meta Altenkirk, Bruno Freigang, Cathie Freigang, Carl Dukeshire, Joyce Dukeshire, Sandy Kirk, Glenda Kirk, Don Stenton, Bruce Ross, Roberto Bardati, Sonya Bardati, Jim Jeffrey, Shirley Jeffrey, Bosco Chang, Annette & Ken Meleskie

Hawaii Tour 2003

Jan 23rd to Feb. 7th

Chris Siggers 604-291-1018 Email: csiggers@telus.net
Participants: 24 (max.)

Cost: \$2200/person (Return airfare from YVR \$1025 incl. bicycle. Accomodations and support van \$1175) Full payment required on booking.

Airfare bookings to be made directly with the Flight Centre, Brentwood Mall, Teri Charuhas, Ph. 604-717-1021 email: teri_charuhas@flightcentre.ca Travel agent will accept credit card payment But \$1175 payment to CCCTS must be mailed by cheque to the club office.

Historically, this has been one of the club's most successful tours. It has been organized at least ten times previously and is usually fully booked within a few months. At this writing, 1 December only nine participants have registered for this tour.

Since we require a minimum of 15 participants to qualify for the group fare, which is \$150 less than the regular fare, we are most anxious to raise the participation to at least this level as soon as possible. Please give Chris Siggers a call if you would like more information on this tour!

The itinerary for this tour, published in the October Newsbrief, is essentially the same as used in previous years. This tour involves about 440 km of cycling spread over nine days so the average daily mileage is around 50 km. The bulk of the tour is on state highways, which have a shoulder allowance of about one metre. Since there are only about 300,000 residents on the Big Island, traffic volumes are generally quite reasonable.

Participants: Chris Siggers, Jim Burnett, Janet Lever, Len Watson, Mike Young, Mac Harvey, Charlotte Galik, Elma Gavin, Sara Judith, John Turner

TRANSAMERICA BICYCLE TRAIL 2003

We regret to announce that participation on this tour has fallen to a level where it is no longer feasible to continue, so the tour is cancelled. We wish to thank Judy Jackson for all the effort in organizing and preparing for the tour, and to thank all who supported her in this work.

VICTORIA HUB & SPOKE 2003

New tour.
May 12th to May 15th

Monday, May 12:

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. After the picnic, for those cyclists who have made previous arrangements for accommodation will be escorted. All tours will start from "The Saanich Plaza", at 9 a.m. unless otherwise noted.

Monday May 12:

10.35 a.m. Swartz Bay Ferry terminal to Centennial Park, picnic lunch, cost associated, cycle to accommodations.

Tuesday May 13:

Tour #1 Shawnigan Lake. Hans Klein
Tour #2: City Scenic tour. Bill Hook
Tour #3: Alternate City tour. Dennis Parsons

Wednesday May 14:

Tour #1: Pender Island. Rolf Petersen
Tour #2: City Scenic tour. Bill Hook
Tour #3: Metchosin Leader?

Wednesday night Social

All you can eat buffet at Uncle Willy's, Saanich Plaza, 6.30 pm, cost associated

Thursday May 15:

Tour #1: Ride to Swartz Bay ferry terminal:(Scenic) Sandy & Glenda Kirk

Tour #2: Ride to Swartz Bay ferry terminal: (direct) Don Stenton
Participants: Roberto Bardati, Sonya Bardati

Yukon Gold Trail.

New Tour.
May 17th to June 11th
Ted Stubbs 604 321 2784

Cost estimate: \$1050

Deposit: \$ 200 non-refundable, by Feb 15

Balance of \$850 plus separate \$250 cheque* by 1 May 03

Max. participants: 24

Visit the north and enjoy its beauty and history; a once in a life time adventure.

- May 17th - gathering in Whitehorse YT;
- May 18th - start cycling toward Haines Junction YT;
- via Chilkat Summit (3500') to Haines AK;
- ferry to Skagway AK;
- via White Pass (3300') - or alternative train \$130;
- to Whitehorse YT;
- then north (see Lac Laberge) to Dawson City YT;
- June 11th - bus back from Dawson City to Whitehorse.

Total cycling distance about 1200 km.

This is a camping style tour using the club equipment. Participants will be on cooking teams and may be required to drive the support truck on their "cooking day". There are some hills, and campgrounds are scarce - wild camps will be required some times.

* Emergency cheque held by CCCTS office and will be returned unless needed or (as a deterrent) if participant withdraws in middle of tour.

Participants: Ted Stubbs, Pat Stubbs, Lesley Bohm, Tom Smith, Bill Dun, Cathie Freigang, Bruno Freigang

Victoria to Comox Valley

New Tour
June 13th to 16th 2003

Rolf Petersen 250-370-6006 E-mail:rolf@pacificcoast.net
Registration Fee: \$10 non-refundable
Participants: No max.

A self-supporting (no support vehicle) pay as you go, camping tour, taking you Up-Island on the scenic back roads joining the Comox Valley Hub & Spoke. (Total Distance 235 km. Longest day 65 km)

Day 1 Victoria to Crofton (Distance 60 Km)

Day 2 Crofton to Nanaimo south (Distance 50 km)

Day 3 Nanaimo to Qualicum (Distance 60 km)

Day 4 Qualicum to Courtenay (Distance 65 km)

Participants: Rolf Petersen, Elma Gavin, Bosco Chang, Jake Tremblay, Faye Wilson

Comox Valley Hub & Spoke

16th to 20th June 2003
Gladys Schmidt 250-338-8955
Dora Ellis 250-338-9751

Registration Fee: \$12 (dinner + maps)

Other cost: pay as you go

No limit on numbers, everyone welcome

Style: Tent, RV or Motel

Tours of the beautiful Comox Valley, patterned on the very successful H&S of 2001.

Itinerary: Mon. June 16 - gather in Courtenay
Tues. June 17 - registration, ride and dinner
Wed. June 18 - rides
Thurs. June 19 - rides
Fri. June 20 - ride via Cumberland, luncheon

Participants: Gladys Schmidt, Dora Ellis, Gordon Kennedy, Sandy Kirk, Glenda Kirk, Sonia Ward, Frank Ward, Sharon Warren, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Chris Siggers, Bryan Riggs, Beverly Wagner, Margaret Fyfe, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Margot Paravan, Ivan Paravan, Arno Seidelmann, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Faye Wilson, Barton Howes

Quadra and Cortes Islands

June 20th to 25th

Gladys Schmidt 250-338-8955 Sylvia Mather 604-921-9661
Wendy Pearson 604-926-6508

Registration Fee: \$12 (first night camp + maps)

Other cost: pay as you go

Maximum number: 35 tents

Style: camping or lodge, carry gear on bike

20th Ride to a campsite near Campbell River. Saratoga Beach !

21st Meet in Campbell River, ferry to Quadra, cycle to Heriot Bay, tour Rebecca Spit;

22nd Cycle Quadra; Cape Mudge, Wa Wa Kai beach, etc.;; return to Heriot Bay camp;

23rd Ferry to Cortes Island, cycle to camp at Gorge Harbour, cycle to Squirrel cove;

24th Cycle to South end of island, Hague Lake (bring bathing-suit), Smelt Bay Prov Park, return to camp;

Continued next page

Quadra continued.....

25th Check out Whaletown, return via ferries to Campbell River. Notes: If driving to Campbell River, vehicle parking for the week being investigated; both campsites on Quadra and Cortes can accommodate RV's; those wishing to stay in cabins or rooms must book this month to be assured of a place; Cortes Island is very hilly.

Participants: Gladys Schmidt, Gordon Kennedy, Joan Engman, Sandy Kirk, Glenda Kirk, Frank Ward, Sonia Ward, Robin Howe, Bruno Freigang, Cathie Freigang, Sharon Warren, Lesley Bohm, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Sabine Hansel, Beverly Wagner, Ray Wright, Lauren Wright, Elma Gavin, Bosco Chang, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay

Brentwood Bay - Gabriola Circuit

New Tour.
July 7th to 11th

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-Contained tour. Pay-as-you-go except for the first night camping fee.

July 7th Take Ferry(11:00am) from Brentwood Bay to Mill Bay. Proceed through Mill Bay to Highway. Turn right up Highway to Cobble Hill Road (second set of lights). Left on Cobble Hill Road to Cobble Hill. Could 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. There is also a nearby supermarket. Proceed via 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. Total Distance from Brentwood Bay ferry to Osborne Bay Campground is 41km.

July 8th 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 right 2.5km on Yellow Point Road. Follow Number 1 Highway to Maki Road (47km). Right on Maki to Living Forest

Campground. Total Distance from Osborne Bay to Living Forest Campground - 48km.

July 9th Take ferry (9:35am) to Gabriola Island Do South Road - North Road circuit of Island. Approximately 28km. Could have lunch at the Bitter End pub - near south west end of island. Don't turn at Silva Bay Road - proceed ahead for short distance to a gravel Road on the right which leads to the pub. Return via North Road then South Road towards the Ferry.

July 10th Individual choice to be made of route home. via Duke Point ferry - 12km then Tsawwassen ferry, or cycle to Osborne Bay, Mill Bay ferry, or cycle to Duncan, Mill Bay ferry, or ...

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.

Contact: Bob Douglas 604-435-3893

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. 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

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): _____

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

Bicycling Experience: _____

Weekly rides continued.....

VANCOUVER ISLAND

Victoria:

Sundays 9:30 a.m. at McDonald's, corner of Oak & Saanich Rd.

Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or
10:00 a.m. at McDonald's, Pat Bay Highway 17

Birthdays Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway.

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

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. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789
Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

Solution to Brainteasers. (December News)

- | | | |
|----|---------------------------|--|
| 1 | 26 = L of the A | 26 Letters of the Alphabet |
| 2 | 7 = W of the A W | 7 Wonders of the Ancient World |
| 3 | 1001 = A N 1001 | Arabian Nights |
| 4 | 12 = S of the Z | 12 Signs of the Zodiac |
| 5 | 54 = C in a D(with the J) | 54 Cards in a Deck
(with the Jokers) |
| 6 | 9 = P in the S | 9 Planets in the Solar System |
| 7 | 88 = P K | 88 Piano Keys |
| 8 | 13 = S on the A F | 13 Stripes on the American Flag |
| 9 | 32 = D F at which W F | 32 Degrees Fahrenheit at which
Water Freezes. |
| 10 | 18 = H on a G C | 18 Holes on a Golf Course |
| 11 | 90 = D in a R A | 90 Degrees in a Right Angle |
| 12 | 52 = W in a Y | 52 Weeks in a Year |
| 13 | 6 = S on a C | 6 Sides on a Cube |
| 14 | 3 = B M (S H T R) | 3 Blind Mice (See How They
Run) |
| 15 | 4 = Q in a G | 4 Quarts in a Gallon |
| 16 | 24 = H in a D | 24 Hours in a Day |
| 17 | 1 = W on a U I | Wheel on a Unicycle |
| 18 | 6 = L and N in a P C | 6 Letters and Numbers in a
Postal Code |
| 19 | 57 = H V | 57 Heinz Varieties |
| 20 | 11 = P on a F T | 11 Players on a Football Team |
| 21 | 1000 = W that a P is W | 1000 Words that a Picture is Worth |
| 22 | 29 = D in F in a L Y | 29 Days in February in a Leap Year |
| 23 | 3600 = S in an H | 3600 Seconds in an Hour |
| 24 | 40 = D and N of the G F | 40 Days and Nights of the Great
Flood |

OATS continued from page 4.

In a large sauce pot , melt the butter and add the oats. Stir for 2 minutes to toast. Add the boiling water and reduce heat to a simmer. Keep at a low simmer fo 25 minutes, without stirring. Combine the milk and half of the butter milk with the oatmeal. Stir gently to combine and cook for an additional 10 minutes. Spoon into a serving bowl and top with remaining buttermilk, brown sugar, and cinnamon. **Enjoy.....**

Yield: 4 servings

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.



February 2003 Volume 20. Issue # 2

The Cross Canada Cycle Tour Society

President's report.

David Clark

Another month has gone by since the last Newsbrief and in that time we have had both the Hawaii and New Zealand tours. This leaves us with some space to the Victoria Hub and Spoke in May without much in between except the day rides and the April Spring Social. May and June are active with Yukon Gold, Victoria to Comox, Comox Valley Hub and Spoke and Quadra/Cortes Islands. With the exception of Art Borrón's Brentwood Bay Gabriola Circuit in July the summer and Fall are relatively quiet so far.



This brings me to the main point of this column. We have the templates (routes, mileages, places to stay etc) for a large number of attractive tours that we have done in the past. These include Okanagan West Kootenays, Columbia River and Dams, Dempster Highway, Toppinish Hub and Spoke, and many more. There is no need to reinvent the wheel here, the templates already exist and need only a little time to dust off and renew.

Our appeal is to those who want additional tours this year and who would venture to lead a trip of their choice. There will be support from Dan McGuire and those who have done the tours in the past.

Please consider this a personal challenge to support CCCTS and at the same time to do a tour of your choice. You might safely start by phoning Dan McGuire after he returns from New Zealand in mid March or better still call Robert Bardati or me before then. Our telephone numbers are on page 2 of the Newsbrief.

I regret to inform you that Derek Rayson, a CCCTS member from Victoria has passed away. A memorial service, well attended by his many friends was held on January 24th

Safe Cycling to all

Across Canada - Shore to Shore in 2004

Our club would like to sponsor a ride across Canada in 2004, so we have to get started soon and have a plan ready by this next September. There could be different styles of tours:

1. In the past the route, campground and other planning has been done by a volunteer leader or group. The style of ride has been camping, using the club's equipment, with a support truck and a volunteer driver, or alternating the driving among certain participants. The participants are divided into teams to do the cooking and all work is shared. The route planning can be fun but also difficult, due to the lack of knowledge of conditions along any potential route and of suitable places to camp. The recent extended use of the internet has made this easier. This is the most economical way to go across with an estimated cost of \$2500 to \$3400 depending on route and time. So to have this type of ride the club would need a member or group of members to come forward soon and volunteer.
2. Another way would be to contract the operation to a commercial tour operator, such as Tour du Canada, who conduct two or three of these tours each year. This would be a camping style, would be a separate group exclusive to Club members, and the time would be increased to about 80 days to break up some long cycling days. The participants would again be divided into teams to do the cooking and much of the work would be shared. This would eliminate the need for planning of route, campground, and vehicle, as these have been well researched each year. The cost would be about \$3600. More info can be obtained at the Tour du Canada website at <http://www.cyclecanada.com/tdc.html>.
3. A third way would be to use a commercial tour operator and have them supply an extra staff person to do the food preparation for all cycling days. This way there would be no need for those on a cooking team to rush to the campground to do their work and everyone could fully enjoy the cycling experience. There would still be the need for all to share in some camp chores, cleanup, and perhaps cook on "rest days". The cost of this arrangement would be about \$4100 +/- \$500 depending on participation.

Those who have cycled across this great and vast country always show the sense of accomplishment and satisfaction. If you would like to cycle from shore to shore in 2004 would you please:

- a) Contact the office, e-mail or post, letting us know, and
- b) Let us know if you'd like to volunteer, and
- c) Let us know your order of preference of tour style, for example 2-3-1
- d) Send any other suggestions or comments

Cycle Across Canada?? Here's a fun challenge for you!!

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available via email to paid up members.

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 E-mail: rolf@pacificcoast.net

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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604 434 9253 ray_bremner@bcitra.bc.ca
Barton Howes
250 378 0927 Bartonfaye@aol.com

CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

February

7th Hawaii complete
20th New Zealand finito.

April

9th Vancouver Spring Social
10th Ladner Loop Challenge

May

12th Victoria Picnic
12 to 15th Victoria Hub & Spoke
17th Yukon Gold Trail

June

11th Yukon Gold Trail. finito
13th-16th Victoria to Comox Valley
16th- 20th Comox Hub & Spoke

20th- 25th Quadra & Cortes Isles

July

7th- 11th Brentwood - Gabriola Cir.

August

6th CCCTS Annual Picnic & Swap
Meet. (Deas Island)

September

October

November

25th Annual Banquet & Dance
26th Annual General Meeting.

December

10th Victoria Christmas

New Members

Bowyer, Janet 604-980-4254
6-1073 Lynn Valley Rd North Vancouver, BC V7J 1Z6

Burton, William & Joan 250-658-4568
1182 McMorran Place, Victoria, BC. V8Y 3E9.

Carey, Daniel J. 206-282-5978
4108 W. Bertona St., Seattle, WA, USA 98199.

Goetsch Loretta 206-525-4714
6209 30th Ave NE, Seattle, WA, USA 98115

Heit, Mike 250-658-8950
977 Kentwood Ter., Victoria, BC V8Y 1A5.

Kastelein, Art&Helen 604-853-7661
3214 McKinley Dr., Abbotsford, BC V2S 8M5

Thank you.

Jean MacDonald, Victoria Social Convenor.

In December the Victoria group had a great party at the Princes Mary restaurant and for some lucky people their tickets were worth more than a meal and dance .

I want to be sure everybody know how generous our local bike shops were.

Fort Street Cycle donated a bicycle strobe light.

Mountain Equipment Co-op sent two \$25.00 gift certificates.

One lucky person has a full light system from Performance Cycle.

Riders Cycle gave all kinds of clothing and a dozen water bottles.

Russ Hay's gave us a tee shirt.

Straight up Cycle donated a tune up and 8 repair kits.

Wine works donated 2 bottles of wine.

We also thank the Princess Mary restaurant for making sure the night went smoothly and the McQuillan brothers for keeping us in the party mood.

Of course we also need to thank all the members who helped sell tickets and everyone who came to eat drink and be merry.

1. Workshop: *The ABCs of Cycling Advocacy*

Speak up for cycling in your community. Get tips on talking to the media and on contacting politicians and government staff. Network and learn from others' experiences. For info, and to register contact Marion Orser at president@vacc.bc.ca or 604-520-7636. Free

Date: February 16, 2003

Time: 9:00 am - 1:00 pm

Place: Centennial Lodge, Queen's Park, New Westminster

2. The Vancouver Area Cycling Coalition Annual General Meeting is on 16 February 2003 from 2:00 to 4:00 at Centennial Lodge, Queen's Park in New West (immediately following the VACC Advocacy Workshop). All are welcome.

New Fraser River Crossing WILL IMPACT Touring Cyclists and Daytrippers

The New Fraser River Crossing (FRC) team is currently examining two options for the crossing and associated road connections: a bridge at 200th Street in Langley, or a tunnel to Barnston Island with a bridge connecting to 192nd Street. The crossing will be a toll bridge and will replace the Albion Ferry. If you currently use the Albion Ferry for cycling day trips, or if you're one of the many Lower Mainland/Vancouver Island ferry cyclists who've used the quiet roads in Surrey/Langley to access the crossing through Fort Langley on tours up the Fraser Valley, please contact Translink at the website/phone number below, to voice your concerns about the impact of the decisions to be made, and the importance of providing a crossing which accommodates cyclists with panniers / trailers appropriately and safely.

Unfortunately, by the time this news reaches you, the Open Houses will already have been held in Pitt Meadows, Maple Ridge, Langley and Surrey Feb 10-13. The comparative assessment of the options were presented at that time, and community residents and businesses had opportunities to speak with project team members about the options and what they might mean for their community. Recommendations arising from those interfaces will hopefully be reported in the media.

Representatives of the Vancouver Area Cycling Coalition (VACC) are meeting with Translink consultants to ensure that cycling facilities will form part of the design specification. Please consult the VACC website www.vacc.bc.ca for further information and how to put forward your concerns about the decision of the Greater Vancouver Transportation Authority/Translink to discontinue operation of the Albion Ferry at Fort Langley.

It is critical that the cycling community respond to this opportunity to have a voice in planning the New Fraser River Crossing.

For more information: www.translink.bc.ca/frasercrossing 604 897 4441

CCCTS contact: Mary Eickhoff eickhoff@vcn.bc.ca

Sea to Sea 2000.....Help Wanted.

Those of us who took part in were welcomed in communities from coast to coast. Without fail our Canadian neighbors, and more than a few Americans during that part of the ride, sheltered us, fed us and occasionally rescued us from the rigors of long distance touring.

However, no organization did more than the Good Companions Seniors' Centre in Ottawa. >www.magma.ca/goodcompanions<

From the piper that welcomed us to the Centre at the foot of Parliament Hill, to the departure breakfast in a restaurant commemorating Elvis Presley, their hospitality was unstinting. Their sign out front announced our arrival to the whole city and CTV

turned up so we even made the evening news! Hot showers, great food, a dry place to sleep and an evening of dancing and entertainment - who could ask for more?

However, a recent letter from the Centre points out that they have fallen on difficult times. In the face of an expanding demand for seniors services the Center has had to repair two boilers, renew the roof and recover from water damage. Consequently they are looking for some financial help from their many friends and clients.

I'm not certain if anyone else on the Sea to Sea 2000 tour received the Centre's correspondence, but everyone can make a gift (tax receipts for \$10 or more) to the Good Companions Seniors' Centre, 670 Albert Street, Ottawa, Ontario. K1R 6L2.

This is a fine organisation that deserves our support.

Thanks, *Dennis Flewelling*. (Sea to Sea 2000)

Fender Bender.

Way back when Gerry Pareja was more involved with the Randonneurs than he is now, he offered some advice re front mudguards. He suggested that one should add a second pair of stays should the front one come with only one pair. The reason being that if the front wheel flipped a piece of debris up into the bottom of its mudguard it could concertina the 'guard up & jamb the wheel.

Today, December 15 at about 11:00, I was on the PoCo Trail riding the dyke alongside DeBoville Slough. The recent wind storms had resulted in bits of tree being scattered all over. I managed to ride over the end of one piece of tree which did exactly what Gerry suggested would happen. I came to a screeching halt thankful I hadn't been hurtling down Victoria Drive at 40+kph when it happened. The bottom bit of the shattered guard was jammed securely under the fork crown and I had to take the wheel out to remove it.

The thing is, what difference would an extra pair of stays make? In a lifetime's 500,000 km or so of cycling, at least 95% with mudguards, this is the first time it has happened to me. I removed the plastic wrapping from the silver Zefal guards I bought at MEC a few years ago and found that the front guard is equipped for 2 pairs of stays. I will feel a little bit more secure with a full complement of mudguard stays. *Harold Bridge*

Don't Fence me in



It is easy to fly into a passion - anybody can do that - but to be angry with the right person to the right extent at the right time in the right way - that is not easy, and it is not everyone who can do it.

- ARISTOTLE, the Greek knew what he was talking about. I speak as a man

who has a crushed computer mouse mounted on his office wall; a near-citation for contempt from a traffic court judge; and a legion of adversaries from my past who would pass on the opportunity to micturate in my ear if my brain was on fire.

I never planned on having a temper. I actually dreamed of becoming one of those suave, laid-back European types, all hooded eyes and Gallic shrugs, devastating my opponents with withering, monosyllabic whispered asides. Instead I matured (I use the word loosely) as a human Krakatoa with a short fuse and a hair-trigger lip. I'd so much rather be Cary Grant. Or better still - **The Fence master**.

That's not his real name, but that's what he calls himself. Here is what I know about The Fence master:

He's a Brit who lives in London, in his late 30's, an office worker who cycles to work each day. That's because he got tired of London's notorious traffic jams, not to mention road rage eruptions and frantic hunts for parking spaces. He discovered, as many urban cyclists have, that pedaling to work each day spared him all that grief and added a patina of serenity to his daily grind.

Thus it was a shock for him to dismount one day in front of the iron fence to which he customarily chained his bike and be confronted by a sign that read:

HOWARD DE WALDEN ESTATES LIMITED.

BICYCLES FOUND PARKED AGAINST OR CHAINED TO THESE RAILINGS WILL BE REMOVED WITHOUT FURTHER NOTICE.

It is important to know three things here. First, the De Walden family is One of the UK's wealthiest landowners. Secondly, the fence in question is in front of a vacant lot. Thirdly, the message was clearly aimed! at our hero; he was the only person who ever chained his bike to the fence.

Our hero was surprised, then miffed ! Here he was, braving the elements on a bicycle to make his city of 8.5 million citizens some what less car-clogged and air-polluted - being told to move on like some kind of vagrant. The smoldering resentment turned to outrage - but quiet outrage, quintessentially British outrage. He dutifully chained his bike elsewhere, muttering to himself: "Bicycles will be removed, eh ? Nothing about oh, say, kettles..!"

He went home; the bottom of a tea next day and



The kettle on the attracted the Tourists started to standing next to it. through. Next he attached a steam iron. Then a refrigerator door. Pretty soon other folks got into the act. An ironing board was chained to the fence. A Georgia license plate. Stuffed animals. Champagne flutes.

calmly drilled two holes in kettle, brought it to work padlocked it to the fence.

fence - surprise, surprise, attention of passers-by. have their pictures taken

The Fence master wasn't

To say that The Fence master has caught the imagination of little people everywhere would be an understatement.

The fence in question now can barely be seen for all the objects that are attached to it. The Fence master has set up a site (www.whatshouldiputonthe fence.com). At last count more than three million people had visited the site

The landlords (who must wish they'd never put up that sign) had sicced the police on The Fencemaster.

He came home one day to find three massive bobbies on his doorstep waiting to have a word with him. They turned out to be fans of the website. They suggested that, "it might be a good idea not to attach things to the fence anymore", but added; "we realize of course you can't stop OTHER people from attaching things to the fence."

The Fence master can't be certain, but he thinks the Bobbies winked.

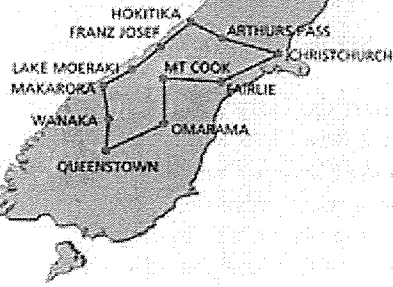
By Arthur Black. (THE NEWS.)

SAFE CYCLING SECRETS

Open-air gathering and forum on how to bike safely and discussion of bike lighting equipment. Feb. 15, March 1, Saturday, 11am-1pm, Commercial Drive & Napier Street parkette, Vancouver. FREE. Info: The Bike Guys - (604) 253-2086.

Wanted..... Good fairly new touring bike (56 cm) contact Dr. Michael J. Heit in Victoria
1-250-658-8950
1-250-658-2901 (fax)
>mike@mikeheit.com<

New Zealand
South Island.
(Dennis Island)



We are heading for Christ Church today, will be meeting the gang there. Yesterday, was a ride to hell. The road would have been terrific but we had only 12 degrees C and a head wind with gale force, even to throw us off the bikes and we had to get off and push the bikes sometimes. The rain was with us mild at first and eventually just like nails. We arrived almost hypothermic and dripping.

The train to ChristChurch was very pleasant, but let me tell you a bit of the previous days. On the 9th we rode a full 7 K no rain at the time and 11 hours of train, great scenery ended in Wellington, Downtown Backpackers. It was only \$22 per person for the 4 of us and we had private bathroom, it was very nice and surprisingly quiet.

On Jan 10 we had a very small ride of 34 K because we had a 3 hour ferry. Our Blenheim host at the Grapevine was really nice. The next morning David, a friend of the Kirk's came to pick us up for some winery tours, to our surprise they also invited us for lunch, we finished at around 3 pm with a fair amount of Sauvignon Blanc and Pinot Noir from Cloudy Bay Wineries, David is part owner.

The road to Kaikoura was perilous, the road itself would have been absolutely splendid if the weather would have cooperated, but that's behind us now.

The weather did improve greatly. The cycling is still up and down because, **THIS PLACE IS WINDY**. We had some wonderful high passes to cross, the Lindis pass was sort of easy, but yesterday's ride from Cromwell to Queenstown was a doozy with the west winds straight in our face and we averaged only 14 K per hour did only 65K on that day and climbed 1085 meters. We all expected that ride to be easy because of the short distance but that was not the case. The day before ours, Group #1 also had a tough time, they arrived around 6 pm, and the Alenkirk with their tandem, and who also arrived early, but when they got to Queenstown they sold their tandem and will finish the tour with a rented car.

Our group seems to be all set to do the 120K from Haast to Fox Glacier, but Group #1 have already booked a bus for transport of

themselves, gear and bikes. Meanwhile, back to yesterday, Don, Roberto and I, took the wrong turn out of Cromwell but found our way back while the Kirks who had left just after us, also turned the wrong turn and ended up with the winds on their back. After 34K they realised that they were in Alexandria and called in to cancel their night in Queenstown, there are to be picked up by some friends and they will rejoin us in 2 days.

Tomorrow, Don, Roberto and I are going to Milford Sound, we are looking forward to this trip, it includes bus, BBQ and boat ride into the fiord, Bosco went on today, Bruce went yesterday. It rained last night and today the sun is just beautiful and it is warm. Queenstown is really a nice town. In 2 days we will climb the highest highway in NZ, we are looking forward to doing that. We are heading north and west, we certainly hope that the weather will cooperate and that the winds become friendlier to us poor cyclists.

Well, I guess we are a bunch of wooses, you see, all of the second group except Don, had enough of cold wet rain, we though we were supposed to be in the summer here in NZ and it felt like we were back in Victoria in the winter, so we decided to leave Fox Glacier and took a shuttle to Hokitika (sun, sun and ocean) wow, now it feels like summer.

We had a wonderful 78th birthday party for Dennis when we were all 18 of us at Fox Glacier Jan 28. Dennis is great.

We have been in Westport for the 2nd day now, the weather in just perfect. So we decided to change the plan a little as well, tomorrow we are cycling 100km right to Murchison and skipping Inuanguhua so we will be on the same day as group #1 but we are not sure where they are staying, probably the same place as we are. Anyway, since the last time I wrote, we have had good cycling weather, and good beaching weather so all is very well, we are hoping for the same for a little while longer. The passage is just beautiful, we went from glaciers, to rain forests, to semi-tropical and now we are in the palm trees but tomorrow we are heading inland, it might be a bit hotter or colder just don't know, but in 3 days we will be in Motueka and apparently it is a very beautiful spot. The coast line is superb, we went to see the seal colony today, the babies were learning how to swim, it was so cute.

15 of us are here in Motueka since Friday. Today is Sunday over here, it has been glorious. The rides have been challenging sometimes and very good, the weather has favored us since we left Fox Glacier so we are in the pink, actually, we are all getting tanned even Glenda, she is so fair skinned. We are all heading for Nelson tomorrow and then Havelock will be our last night together since the Kirks and ourselves will head over the North Island. Motueka is the most beautiful spot we have been, the grapefruit trees, lemon trees, (smells so goood), flowers everywhere, apples, plums, apricots even bananas. We went to the swim hole today, clean clear water, wow heaven !

We will keep you informed next when we will be in the North, expect to go to Napier and do a H&S around the wine tasting places, then to Rotorua where there are hot springs etc. then we will head up to the Bay of Isles for beaching and swimming, no cycling there since we expect that the weather will be in the 30's A tout a l'heure. *Sonya Bardati*

CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and contribute whatever they can to make the tour a success.

To register for tours - phone, fax or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour** or **names for membership**." Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 contact the CCCTS office or the Tours Manager for "TOUR CO-ORDINATORS INFORMATION and GUIDELINES".

Tours completed :

Year 2002	Year 2003
Hawaii 2002	Hawaii 2003
Victoria Hub & Spoke	Transamerica trail 2003
Alberta-Smoky River	(cancelled)
Brentwood-Gabriola	
Kamloops Rockies # 1 & 2	
Prince Edward Island #1&2	
Gabriola Island	
Arizona	

New Zealand 2003 (In progress) Jan 12th - Feb 20th

Dennis Parsons 250-881-1170 -dovic@inetex.com

or Don Stenton 250-385-9780 dstenton@uvic.ca

Participants: Dennis Parsons, Brian Altenkirk, Meta Altenkirk, Bruno Freigang, Cathie Freigang, Carl Dukeshire, Joyce Dukeshire, Sandy Kirk, Glenda Kirk, Don Stenton, Bruce Ross, Roberto Bardati, Sonya Bardati, Jim Jeffrey, Shirley Jeffrey, Bosco Chang, Annette & Ken Meleskie

VICTORIA HUB & SPOKE 2003

May 12th- 15th

Monday, May 12:

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. After the picnic, for those cyclists who have made previous arrangements for accommodation will be escorted. All tours will start from "The Saanich Plaza", at 9 a.m. unless otherwise noted.

Monday May 12:

10.35 a.m. Swartz Bay Ferry terminal to Centennial Park, picnic lunch, cost associated, cycle to accommodations.

Tuesday May 13:

Tour #1 Shawnigan Lake. Hans Klein

Tour #2: City Scenic tour. Bill Hook

Tour #3: Alternate City tour. Dennis Parsons

Wednesday May 14:

Tour #1: Pender Island. Rolf Petersen

Tour #2: City Scenic tour. Bill Hook

Tour #3: Metchosin Leader?

Wednesday night Social

All you can eat buffet at Uncle Willy's, Saanich Plaza, 6.30 pm, cost associated

Thursday May 15:

Tour #1: Ride to Swartz Bay ferry terminal:(Scenic) Sandy & Glenda Kirk

Tour #2: Ride to Swartz Bay ferry terminal: (direct) Don Stenton

Participants: Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Shirley Fisher

Yukon Gold Trail.

May 17th - June 11th

Ted Stubbs 604 321 2784

Cost estimate: \$1050

Deposit: \$ 200 non-refundable, by Feb 15

Balance of \$850 plus separate \$250 cheque* by 1 May 03

Max. participants: 24

Visit the north and enjoy its beauty and history; a once in a life time adventure.

- May 17th - gathering in Whitehorse YT;

- May 18th - start cycling toward Haines Junction YT;

- via Chilkat Summit (3500') to Haines AK;

- ferry to Skagway AK;

- via White Pass (3300') - or alternative train \$130;

- to Whitehorse YT;

- then north (see Lac Laberge) to Dawson City YT;

- June 11th - bus back from Dawson City to Whitehorse.

Total cycling distance about 1200 km.

This is a camping style tour using the club equipment. Participants will be on cooking teams and may be required to drive the support truck on their "cooking day". There are some hills, and campgrounds are scarce - wild camps will be required some times.

Yukon Gold continued page 7

Yukon Continued. * Emergency cheque held by CCCTS office and will be returned unless needed or (as a deterrent) if participant withdraws in middle of tour.

Participants: Ted Stubbs, Pat Stubbs, Lesley Bohm, Tom Smith, Sylvia Mather, Bill Dun, Wendy Pearson, Gerry Parsons, Jenny Cookson, Douglas White, Penny Estabrooks, Helen Enns, James Reid, Geraldine Reid, Fern Sule, George Edmonds, Eleanor Wolverton, John Mynott, Sally Svensson, Ness McCulley, Beverly Wagner

Victoria to Comox Valley

June 13th - 16th

Rolf Petersen 250-370-6006 E-mail:rolf@pacificcoast.net

Registration Fee: \$10 non-refundable

Participants: No max.

A self-supporting (no support vehicle) pay as you go, camping tour, taking you Up-Island on the scenic back roads joining the Comox Valley Hub & Spoke. (Total Distance 235 km. Longest day 65 km)

Day 1 Victoria to Crofton (Distance 60 Km)

Day 2 Crofton to Nanaimo south (Distance 50 km)

Day 3 Nanaimo to Qualicum (Distance 60 km)

Day 4 Qualicum to Courtenay (Distance 65 km)

Participants: Rolf Petersen, Elma Gavin, Bosco Chang, Jake Tremblay, Faye Wilson, David Clark, Truus Clark, Chris Siggers, Valerie Gillespie, Gene Salamatian, Gerri Salamatian, Jan Grove, Cheryl Stefaniak, Hank Stefaniak

Comox Valley Hub & Spoke

June 16th to 20th

Gladys Schmidt 250-338-8955

Dora Ellis 250-338-9751

Registration Fee: \$12 (dinner + maps)

Other cost: pay as you go

No limit on numbers, everyone welcome

Style: Tent, RV or Motel

Tours of the beautiful Comox Valley, patterned on the very successful H&S of 2001.

Itinerary: See January Newsbrief

Accommodation List:

Arbutus Hotel, 275 8th St. (Corner of 8th & Cliffe) 250-334-3121

\$54.95 single; \$64.95 double

This hotel has a sauna, hot tub and a lock-up for bikes. It is an old

hotel, very near the campsite.

Sleepy Hollow Inn, 1190 Cliffe Ave. 250-334-4476

\$49-60, kitchen units. Two suites that sleep 6-8, \$85-110.

Travelodge, 2605 S Island Hwy. 250-334-4491

55+ rate - \$63.75 single; \$68.85 double

There is no need to reserve at the Maple Pool Campsite.

Participants: Dora Ellis, Gordon Kennedy, Sandy Kirk, Glenda Kirk, Sonia Ward, Frank Ward, Sharon Warren, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Chris Siggers, Bryan Riggs, Beverly Wagner, Margaret Fyfe, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Margot Paravan, Ivan Paravan, Arno Seidelmann, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Faye Wilson, Barton Howes, Dan McGuire, June Gallagher, Peter denBoer, Jo Hamilton, John Peck, Katryn Jeronimus, David Clark, Truus Clark, Valerie Gillespie, Shirley Sloan, Glen Smith, Jean Smith, Martine Donahue, Ness McCulley, Gene Salamatian, Gerri Salamatian, Sonja Joos, Barbara Hetzer, Roger Ehret, Marilyn Nelson-Ehret, Shirley Fisher, Noreen Timms, Bruce McLean, Nan Bryant, Jan Grove, Jean Richards-Carter, Dorothy Kennedy, Hank Stefaniak, Cheryl Stefaniak

Quadra and Cortes Islands

June 20th -25th

Gladys Schmidt 250-338-8955 Sylvia Mather 604-921-9661

Wendy Pearson 604-926-6508

Registration Fee: \$12 (first night camp + maps)

Other cost: pay as you go

Maximum number: 35 tents

Style: camping or lodge, carry gear on bike

On Friday June 20th, we will cycle from Courtenay to Saratoga Beach campsite. There is no need to reserve here. You will need to make other arrangements if you are not planning to go on this ride. We will meet at the Campbell River ferry terminal for the 9:30 ferry.

Accommodation List:

Heriot Bay Inn, Quadra Island 250-285-3322 June 21-22

\$75 (queen, double, or twin), based on double occupancy. \$10 per additional person

No need to reserve at the campsite.

Gorge Harbour Marine Resort, Cortes Island 250-935-6433

June 23-24

At the time of writing, there was one room available, \$55-60, with a queen and a twin. If there is more need for rooms, I will look into B&B's at Manson's Landing.Quadra 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): _____

Bicycling Experience: _____

*Quadra continued.....*No need to reserve at the campsite.
I need to know how many RV's will be at the campsites on Quadra and Cortes. Please include this info when you register with the office. If you have already registered and plan to come with an RV, then call me at 250-338-8955 or email at gladys.ken@shaw.ca Since we are limited for tents spaces, please try to double up as much as possible.

A complete schedule in the March edition.
 Participants: Gladys Schmidt, Gordon Kennedy, Joan Engman, Sandy Kirk, Glenda Kirk, Frank Ward, Sonia Ward, Robin Howe, Bruno Freigang, Cathie Freigang, Sharon Warren, Lesley Bohm, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Sabine Hansel, Beverly Wagner, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Peter denBoer, Jo Hamilton, David Clark, Truus Clark, Valerie Gillespie, Shirley Sloan, Chris Siggers, Edward Weinstein, Jackie Weinstein, Bruce Ross, Roger Ehret, Marilyn Nelson-Ehret, Ness McCulley, Brendan Kennelly, Dennis Howard, Marg Howard, Daniel Carey, Jan Grove, Jean Richards-Carter

Brentwood Bay - Gabriola Circuit

July 7th - 11th

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8
 Self-Contained tour. Pay-as-you-go except for the first night camping fee.
 For complete itinerary see January Newsbrief
Participants: Art Borron, Jan Grove

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.
 Contact: Bob Douglas 604-435-3893

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. 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

VANCOUVER ISLAND

Victoria:

Sundays 9:30 a.m. at McDonald's, corner of Oak & Saanich Rd.
Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17
 Birthday Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway.
 Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

Nanosee/Parksville.

Thursdays 10:00 a.m. at Nanosee Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.
 Contact: Diana/Al Lifton 250-468-5696

Comox Valley. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789
 Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.
 Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

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 2003 Volume 20 Issue # 3

The Cross Canada Cycle Tour Society

President's report.

David Clark

We haven't had a Vancouver Hub and Spoke for a long time and at the suggestions of one of our members, Janice Pickerill, we will run one this year before the snow falls. The date suggested so far April 27th. It would probably have programs for three or four days. Volunteers to lead the day trips include Janice, Ness McCulley and Bruce McLean. If you are willing to take on a day trip please contact Dan McGuire or Roberto Bardati. If April 27 is chosen you will have the details in the next Newsbrief.



Insurance policies are a bit of mystery to most of us and there has been some misinformation circulated in respect to the General Liability policy that we carry.

The principal exposure that we face arises out of our cycling activities both day trips and extensive tours. Accidents do happen and the first people in the line of fire are our tour leaders and day ride co coordinators. Invariably the Society's directors and the Society itself are included in any suit. Your directors believe that we have an obligation to protect our volunteers as best we can and liability insurances are the common way of mitigating this exposure. We have been fortunate to be able to find a new broker and Insurer to continue coverage at a premium forty percent lower than the renewal quote from our previous broker.. At the same time we have increased the limits to \$5,000,000 from \$2,000,000.

In the near future we will be changing our Dues payment procedure to coincide with our fiscal year -end. All dues will then be payable in November annually for a 12 month period. We will not be able to adjust the term to more or less than 12 months, as in the past, when US cheques for dues convert to more or less than the required \$25 or \$35 Canadian. Excess funds on tour payments will continue to accrue to the credit of our US members, but as exchange rates are fluctuating wildly at present, the receipt of a Canadian dollar instrument will be very much appreciated.

I look forward to seeing you at the Spring Social on Wednesday April 9..

Spring Social.

Mark your calendar for **Wednesday, April 9th**

Place: South Delta Recreation Center - Hall C

1720-56th Street, Tsawwassen (Opposite McDonalds)

A donation of \$ 4.00 will cover refreshments.

This is the 20 year of your club so come on out !

Past: Bring picture album to share.

Future: Help plan some Summer tours

Club Jerseys will be available from Kim Vogt.

For Info contact: Shirley Fisher - Events Manager. 604 255 0087

Al's Ladner to Lighthouse Loops- 4th Annual

Thursday, April 10, 2003

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

Mary Eickhoff 604 535 2513 <eickhoff@vcn.bc.ca>

Let's make it four-in-a-row, the day after the Spring Social. Victoria members, tuck a toothbrush in your travel pack and stay overnight to 'loop a loop' with us. Al will be out as usual, to provide mechanical support to anyone in need. Let's hope everyone arrives with good tires and self-contained and Al and I'll just be cruising to keep you on course.

No charge, pre-registration not required, but if you'd like to call the office 604 433 7710 and let us know what distance you'd like to do, that would help in the planning. Info will be available at the Spring Social.

Distances are 35K, 55K, 75K and 100K, all leaving from Ladner Community Centre parking lot, passing through Tsawwassen, through the US Border crossing to the control point at Lighthouse Park picnic area at Point Roberts. Marten McCready will be on hand as usual to mark your time in, while our faithful volunteers will be offering a beverage and snack, before your return to Ladner Community Centre.

IT IS NECESSARY to have photo ID plus proof of citizenship, i.e., birth certificate, or passport for the customs office at the border crossing.

Please call if you'd like to host out-of-town members, or, if you're an out-of-towner and would like a night's 'home-from-home.'

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

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 E-mail: rolf@pacificcoast.net

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	Bartonfaye@aol.com

CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

February

7th Hawaii complete
20th New Zealand finito.

April

9th Vancouver Spring Social
10th Ladner Loop Challenge

May

12th Victoria Picnic
12 to 15th Victoria Hub & Spoke
17th Yukon Gold Trail

June

11th Yukon Gold Trail. finito
13th-16th Victoria to Comox Valley
16th-20th Comox Hub & Spoke

20th-25th Quadra & Cortes Isles

July

7th-11th Brentwood - Gabriola Cir.

August

6th CCCTS Annual Picnic & Swap Meet. (Deas Island)

September

October

November

25th Annual Banquet & Dance
26th Annual General Meeting.

December

10th Victoria Christmas

New Members

Garrick, Gary & Hana 250-656-3580

1639 Barkley Pl., Sidney, BC V8L 5E6

Marini, Astrid 604-439-7033

4369 Carson Street, Burnaby, BC V5J 2Y1

Wallace, Ron

101-2036 York Ave., Vancouver, BC V6J 1E6.

Ladner Birthday Dinner - February 12, 2003

The Birthday Dinner was held at Ricky's Restaurant. I had the privilege of being at this party.

What a lovely gathering of nice people. Sitting at the head table were the special birthday guests, Betty Dorval Jones, Mary Whyte and Harry Seddon. In total there were 21 people at the dinner, 25 people rode their bikes that day and there were 12 riders at Point Roberts. Albert Hollinger cut and served a beautiful white birthday cake with great skill.

Thank you, Albert, for taking me to the party and buying me dinner. Dora Ellis.

For Sale.

TREK 520 TOURING BIKE. Bar to ground 75cm (29-1/2") RSX Shimano Shifters. STX RC Brakes. 24 speed.

Contact: Yvonne Miller at milleray@shaw.ca or Phone 1-250-764-8271

Editorial Box.

The member response to receiving the Newsbrief via E-mail has been great and we now have 48 members on-board..

Please ensure you inform me and the club of any address changes.

There is still room for more so please Email me and the CCCTS simultaneously if you wish take advantage of this method of delivery. E-mail: rolf@pacificcoast.net and cccts@vcn.bc.ca

Rolf Petersen.

Incidentally.....

"WE are poor little lambs who have gone..."

with Dennis Parsons in News Zealand.

We could talk of the distances covered, the hills climbed and the winds, but lots of other things happened.

The Meleskies arrived on time but their bicycles went to Australia and they missed the shuttle bus ride to Timaru and the side trip through my favourite village, Geraldine.

The Jeffrey's arrived late and also missed the stay at the farm Silver Birches, where Barbie has so many pets; a donkey that likes to have its ears stroked back along its neck; an alpaca which spat once and a new addition --- a two week old wallaby. I think it is a Joey. Barbie keeps it in a cloth pouch and feeds it every four hours day and night. We watched this 20cm high rodent bouncing around the living room and resting on its tail.

Between Fairlie and Tekapo I came on an ostrich male (believe this) sitting on a clutch of eggs and when the female saw me, I was only saved from an attack by the strong fence. We stopped at the only restaurant between these two towns and asked for scones and Devonshire cream, but the manager apologised that she had none but if we waited she would bake some. We had hot scones but when it came time to pay she charged us only \$3.00 instead of \$4.00, because she had kept us waiting.!!!

The ride along the canal to Twizel and Omarama was just glorious and we relaxed there, waiting for the owner at Killermont Station who had promised to carry our bags the last 17k. He did not turn up and we now faced a howling head wind. It continued all night and we agreed to ask Jean to carry our bags to the top of Lindis Pass for \$50. I accompanied her to guard them at the top til everyone had arrived. She then went back to pick up the cyclists and bikes two at a time. Bruno was determined and cycled to the top. Miraculously the wind switched and we were blown into Cromwell, where, as we have done in the past years, we had a supper as a group at the Victoria Arms.

The day was beautiful when we left the next day but, after turning the corner we hit a blast which lasted all the way to Queenstown. Just outside the town I was passing a parked car and a voice said, "you look as if you need a beer". Talk about turning on a dime.

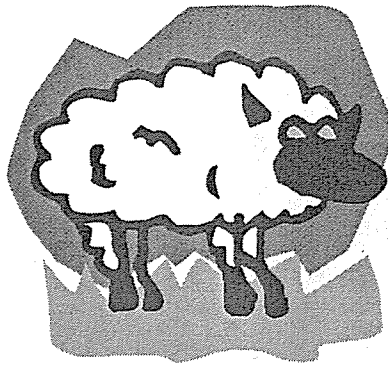
Harry and Eleanor from Calgary invited the Jeffrey's and me to their summer home and we spent a pleasant time with them learning too, about an easy path along the water into Queenstown. The next day the other half of our tour fought the same gale except Sandy and Glenda....., they had a tailwind for 43km---going the wrong way. Brian and Meta of the first group, enjoyed the gale so much they sold their tandem and hired a car and have since then carried our panniers. Bless them!

Arrowtown is a quaint little tourist village which we enjoyed.

From there, we decided to take the road over the 800m mountain

to Wanaka. The first switchback road was tough but we made it to the plateau to now face one that was really daunting. Fortunately, we were given lifts, except Bruno who has stayed in the saddle when we have decided on riding rather than cycling. After the summit we coasted down with freezing hands until we reached the Cardrona Hotel which has been restored to its former gold rush time and it was a treat to sit in front of one of its many fireplaces to warm up (O.K. So it is summer time).

Haast Pass is a nice ride but we are left to ride along side an uninspiring wide, rocky riverbed for the last 20k. With no way to split the 120k the next day we contacted Atomic Shuttles and were delivered to Fox Glacier for \$25. plus \$10. for bike each.



Next day was my birthday and both groups were together. We had dinner next door. Excellent food. The wine flowed and people said nice things about me. I was glad to be alive for my "Celebration of Life". I would prefer the Executive not know that Shirley May and Jim presented me with a navel warmer made of Possum fur, and I did not pay for my meal. We rode to Franz Josef Glacier, 23k (*we had to have some tough days, you know). Atomic Shuttle took us to Hokitika. It is a door to door service. Waters' Edge Hostel is separated from the sea by 30 meters of sand. In the evening we sat around a huge fire on the beach. A little boy gave me a toasted marshmallow. Candles in the sand guided us back to the hostel.

Was shown a remarkable German bicycle where one twist will change from highest to lowest with no letup on the pedals required.

It was unusually sunny in Greymouth. It drizzled next day though, as we left and we did not see the magnificent coast in the best light. Was served a home-made hamburger (in Barrytown), thick, crumbly and juicy. My host ran out of ginger beer and had to bring more up from the cellar.

After visiting Pancake Rocks at Punakaiki we went on to turn down a dirt road to Te Nikau Hostel. We were accommodated in utterly different abodes well separated and deep in native thick N.Z. bush. So easy to get lost too. The paths are narrow but the chickens step to the side to let you pass. This is the place where some years ago we were in the main building as a group and a violent earth tremor occurred. The lantern above swayed from side to side and Josie staggered as she was crossing the floor. Tonight we had a birthday party for Bruno and it was my turn to say nice things about him. This was difficult but he helped me by kicking me on the shins every time I strayed from the script.

There were lots of snapshot takers on this tour but not one around when Bruce stepped up from the picnic table and left three of us on our backs on the grass (one with an un spilled glass of beer still in his hand).

(to be continued in April)

Ottawa Chills....out !

Since Ottawa winter weather is far from ideal for cycling, some of us replace our regular Thursday cycling outing with cross country skiing.

Last Thursday, six of us braved the cold weather, met at the bottom of the Gatineau hills north of Ottawa, and skied up the parkway and along trails more or less on the hilltops, but still with a few ups (which Penny cursed) and downs (where it was Jenny's turn to curse). James talked the rest of us into skiing past the second lodge, along great back country trails (in the middle of nowhere!) to Western lodge, where we stopped for a lunch, and photo, break. As the photo shows, there were lots of red cheeks, courtesy of the brisk weather. After lunch, we took the direct route back to our waiting cars. All in all, a wonderful day. I'm attaching a photo (taken by James Reid) of a group of Ottawa cccts members enjoying our alternate winter activity, i.e., cross-country skiing. The photo was taken inside one of the shelters in the Gatineau Park on a rather chilly day...high of about -20 C.



The hardy (crazy?) skiers are (1 to r): Bill Russell, George Robinson, Penny Estabrooks, James & Geraldine Reid, and Jenny Cookson

Cheers, Penny Estabrooks

Canbike 2, Vancouver.

Mary Eickhoff

There are currently two CANBIKE 2 courses scheduled for the Kitsilano Community Centre:

Instructor: Bruce Mol. CANBIKE Course description at www.gonecycling.com

The dates and times:

Course # 4350.201 Wed April 2 & 9 from 6 - 9 pm, Sat April 5 & 12 from 9 - 4pm

Course # 4350.202 Wed May 28, Jun 4 from 6 - 9 pm, Sat May 13 & Jun 7 from 9 - 4pm

Price: \$162.50 Upon registration you should receive a packet of course material. Ask if you don't receive it.

How To Register for the Kitsilano Community Centre Courses
Be ready to Quote the Course # in section above.

Tel: (604) 257-6976

Fax: (604) 257-6996

Email: kitscc@city.vancouver.bc.ca

The Kitsilano Community Centre is located at 2690 Larch Street Vancouver, B.C. V6K 4K9

CCCTS members will be reimbursed one-half the cost on successful completion and a commitment to apply the skills to benefit the club.

1-Day Victoria Cycling Courses - Free!

Saturdays in April - May - June

One day that will change the way you cycle and think about cycling FOR GOOD!

The experience of cycling among a sea of cars can range from frightening to feeling completely comfortable - the difference lies in the skill and confidence level of the cyclist. This 8 hour course, developed by the Bike to Work Society and sponsored by the CRD Traffic Safety Commission, combines classroom and practical on-road training. Both recreational and commuter cyclists will find it very useful and empowering!

You will learn:

- How to ride comfortably and safely in heavy traffic
- How to manoeuvre around obstacles and make sudden stops
- Tips for night riding and rain
- Proper bike fit and doing your own bike safety check
- Practical advice on equipment, clothing and route planning

Better cyclists:

- Ride more often
- Make better drivers
- Foster greater cooperation between all those sharing the road
- Set a good example for children
- Convince decision-makers to take cycling seriously & provide better facilities

For more information and to register, visit www.biketoworkvictoria.ca. Questions should be directed to Susanna Grimes at courses@biketoworkvictoria.ca or 250-920-5705.

Cycle Touring: Advice for beginners.

By Garry Lee

(continued from December Issue)

CHECKING THE BIKE BEFORE GOING

Check the tires for wear, bulges, glass.

Check wheel alignment. Check spokes.

Have you got spare spokes.

Check Freewheel. Are bearings smooth. Is there too little or too much play. Does the wheel spin for long enough.

Check Brake cables for smoothness, Oil. Check blocks for wear, alignment, proper toeing in.

Check max and min movement on derailleur. Check Jockey wheels for wear. Check degree of wear in cable holes and frame on front derailleur. Check max and min. Check cabling. Check screws in gear levers.

Check headset tightness ?

Notching: Check and grease and replace bearings in bottom bracket. Check chain and chain set wear. Spray underneath of saddle with anti-squeak (Leather saddle). Check bottle cages for wear. Check saddle height. Check screws on mudguards, bottle cages, carrier. Check pump holders. Have a look at and test the pump. Pretest tubes.

Check: Repair-kit for canvas, glue, patches, sandpaper, tool kit, money, batteries.

See if pedals are smooth. Can they be unscrewed?

Grease stem and saddle pin.

SANTA FE (USA) TRAIL BICYCLE TREK 2003

(For information only. Not a CCCTS approved tour.) Editor.

The SF Trail Bicycle Trek Committee is now accepting the first 50 applications and deposits for its nonprofit 2003 Santa Fe Trail Bicycle Trek leaving Santa Fe, New Mexico, on Sunday, Sept. 14 and ending in New Franklin, Missouri, Friday, Oct. 3. This is a biannual event and the twelfth year it is being held. Several CCCTS members have done it and CCCTS member Ken Levine (North Vancouver) is one of the organizers and leaders. In addition to Canadian and US riders, there have been participants from England, Switzerland, and Holland. Most riders are experienced touring cyclists and have ranged in age from 25 to 78. Average daily mileage is about 60 MILES with the longest day being 87 mostly flat miles. Weather is usually 10 C - 20 C with cooler nights. Rain is more infrequent than in the Northwest but rain gear and a warm sleeping bag are recommended.

The Trek is a 3 week, fun filled, noncompetitive, and inexpensive road tour of 1,100 MILES through northern NM, southern Colorado, Kansas, and Missouri. Along the way, you will learn about the Trail's history and contribution to the US's Western and commercial expansion. You'll visit historic sites, forts, museums, national parks, and small town America.

Accommodations include camping (some indoor facilities may be available for bad weather), daily showers, all-you-can-eat breakfasts and dinners (served in college cafeterias, high schools, and onsite), three lunches, sag support (to carry your camping gear and happy hour refreshments), daily ride sheets and maps, some admissions to historic sites and tours, and all the fun you can handle. (Riders do no cooking and, except for three days, can purchase lunch along the way.) Every fifth day is a rest day in a historic city, namely Trinidad, Colorado, Dodge City, Kansas, and Council Grove, Kansas. Laundry facilities are available.

Cost varies from \$29/day US (if doing the whole trip) to \$32/day US if doing the minimum 4 days.

Canadian participants will most likely fly into the Albuquerque International airport (America West, DELTA, American, United, and Continental airlines fly from YVR to Albuquerque) but you can fly directly to Santa Fe. A shuttle bus is available to transport you and your bicycle from Albuquerque to Santa Fe. Some riders arrive in Santa Fe early to enjoy the City and to visit Taos.

The tour ends in New Franklin, Missouri, about 130 miles east of Kansas City. For about \$20-\$25 US, you and your bike will be taken on Saturday, Oct. 4 back to the KC airport for your return flight home.

(As of Feb. 1, twelve riders are registered with 38 spaces available.)

For more information; email Ken at KLEVINE2@AOL.COM or Leader Willard Chilcott at WILLARD1B@AOL.COM.



What's to Know?

People say; "You sit in the saddle, push the pedals, and point the handlebars where you want to go, right?" Well no; We rest on the saddle, spin the pedals and lean to turn. With the advent of the Model T people went from riding to driving.

The resulting gap in cycling knowledge has lead to many misconceptions. People who never rode tries to teach what they don't know to the next generation. We expect lessons in: Skiing, swimming, driving, for many sports, safe sex, drug avoidance etc. Yet people who would never teach driving think cycling is so obvious there is nothing to teach.

The road system is the single greatest cause of death and injury in our society. The roads were not built for bicycles and require more skill to ride than to drive.

Accreditation

A recent article in the Canadian Cycling Association news letter, pointed out the credibility gap between cyclists and drivers. The example was an experienced driver hitting a very experienced cyclist. In court, the driver points to his spotless driving record and a list of driving courses, certificates and log books. The cyclist relates his experience, as much or more than the driver's but no credentials, no paper work. Whom does the court believe? Volunteering to take a recognized cycling class, Canadian Cycling Association Can-Bike, shows an interest in improving road skills.

Passing with international certification clearly demonstrates a recognizable skill level has been achieved.

Both these items by Ray Hall, CanBike, Instructor.

NOTE.

A Sunday Ride Schedule is available from Chris Siggers. Schedule subject to change; for confirmation, start details, etc. please contact Chris Siggers (604)291-1018, cell 761-1867(voice-mail), or email csiggers@telus.net Ride schedule should also be posted on the Burnaby Outdoor Club schedule www.bivouac.com and simply follow the links to the Club activities schedule. If numbers suffice, additional groups or rides, etc. will be organized to maintain quality for all participants. Any comments, suggestions, etc. welcomed. Please consider joining us!

Editors:For information only, not CCCTS approved.

CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone, fax or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Tours completed :

Year 2002	Year 2003
Hawaii 2002	Hawaii 2003
Victoria Hub & Spoke	Transamerica trail 2003
Alberta-Smoky River	(cancelled)
Brentwood-Gabriola	New Zealand 2003
Kamloops Rockies # 1& 2	
Prince Edward Island #1&2	
Gabriola Island	
Arizona	

VICTORIA HUB & SPOKE 2003

May 12th- 15th

Monday, May 12:

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. After the picnic, for those cyclists who have made previous arrangements for accommodation will be escorted. All tours will start from "The Saanich Plaza", at 9 a.m. unless otherwise noted.

Monday May 12:

10.35 a.m. Swartz Bay Ferry terminal to Centennial Park, picnic lunch, cost associated, cycle to accommodations.

Tuesday May 13:

- Tour #1 Shawnigan Lake. Hans Klein
- Tour #2: City Scenic tour. Bill Hook
- Tour #3: Alternate City tour. Dennis Parsons

Wednesday May 14:

- Tour #1: Pender Island. Rolf Petersen
- Tour #2: City Scenic tour. Bill Hook
- Tour #3: Metchosin Leader?

Wednesday night Social

All you can eat buffet at Uncle Willy's, Saanich Plaza, 6.30 pm, cost associated

Thursday May 15:

Tour #1: Ride to Swartz Bay ferry terminal:(Scenic) Sandy & Glenda Kirk

Tour #2: Ride to Swartz Bay ferry terminal:(direct) Don Stenton Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Shirley Fisher, Carl Rorison

Yukon Gold Trail.

May 17th - June 11th
Ted Stubbs 604 321 2784

Cost estimate: \$1050

Deposit: \$ 200 non-refundable, by Feb 15

Balance of \$850 plus separate \$250 cheque* by 1 May 03

Max. participants: 24

Visit the north and enjoy its beauty and history; a once in a life time adventure.

- May 17th - gathering in Whitehorse YT;
- May 18th - start cycling toward Haines Junction YT;
- via Chilkut Summit (3500') to Haines AK;
- ferry to Skagway AK;
- via White Pass (3300') - or alternative train \$130;
- to Whitehorse YT;
- then north (see Lac Laberge) to Dawson City YT;
- June 11th - bus back from Dawson City to Whitehorse.

Total cycling distance about 1200 km.

This is a camping style tour using the club equipment. Participants will be on cooking teams and may be required to drive the support truck on their "cooking day". There are some hills, and campgrounds are scarce - wild camps will be required some times. * Emergency cheque held by CCCTS office and will be returned unless needed or (as a deterrent) if participant withdraws in middle of tour.

Participants: Ted Stubbs, Pat Stubbs, Lesley Bohm, Tom Smith, Sylvia Mather, Bill Dun, Wendy Pearson, Gerry Parsons, Jenny Cookson,
(Participants Yukon Gold continued page 7)

(Participants Yukon Gold continued)

Douglas White, Penny Estabrooks, Helen Enns, James Reid, Geraldine Reid, Fern Sule, George Edmonds, Eleanor Wolverton, John Mynott, Sally Svensson, Ann Miller, Mike Daniels, Monty Peters, Ness McCulley, Beverly Wagner, Michael Goldberg, Sharon Warren

Victoria to Comox Valley

June 13th - 16th

Rolf Petersen 250-370-6006 E-mail:rolf@pacificcoast.net

Registration Fee: \$10 non-refundable

Participants: No max.

A self-supporting (no support vehicle) pay as you go, camping tour, taking you Up-Island on the scenic back roads joining the Comox Valley Hub & Spoke. (Total Distance 235 km. Longest day 65 km)

Day 1 Victoria to Crofton (Distance 60 Km)

Day 2 Crofton to Nanaimo south (Distance 50 km)

Day 3 Nanaimo to Qualicum (Distance 60 km)

Day 4 Qualicum to Courtenay (Distance 65 km)

Participants:Elma Gavin, Bosco Chang, Jake Tremblay, Faye Wilson, Rolf Petersen, David Clark, Truus Clark, Chris Siggers, Valerie Gillespie, Gene Salamatian, Gerri Salamatian, Jan Grove, Cheryl Stefaniak, Hank Stefaniak, Carl Rorison, Gary Garrick, Hana Garrick

Comox Valley Hub & Spoke

June 16th to 20th

Gladys Schmidt 250-338-8955

Dora Ellis 250-338-9751

Registration Fee: \$12 (dinner + maps)

Other cost: pay as you go

No limit on numbers, everyone welcome

Style: Tent, RV or Motel

Tours of the beautiful Comox Valley, patterned on the very successful H&S of 2001.

Itinerary: See January Newsbrief

Accommodation List:

Arbutus Hotel, 275 8th St. (Corner of 8th & Cliffe) 250-334-3121

\$54.95 single; \$64.95 double

This hotel has a sauna, hot tub and a lock-up for bikes. It is an old hotel, very near the campsite.

Sleepy Hollow Inn, 1190 Cliffe Ave. 250-334-4476

\$49-60, kitchen units. Two suites that sleep 6-8, \$85-110.

Travelodge, 2605 S Island Hwy. 250-334-4491

55+ rate - \$63.75 single; \$68.85 double

There is no need to reserve at the Maple Pool Campsite.

Participants: Gladys Schmidt, Dora Ellis, Gordon Kennedy, Sandy Kirk, Glenda Kirk, Sonia Ward, Frank Ward, Sharon Warren, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Chris Siggers, Bryan Riggs, Beverly Wagner, Margaret Fyfe, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Margot Paravan, Ivan Paravan, Arno Seidelmann, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Faye Wilson, Barton Howes, Dan McGuire, June Gallagher, Peter denBoer, Jo Hamilton, John Peck

Katryn Jeronimus, David Clark, Truus Clark, Valerie Gillespie, Shirley Sloan, Edward Weinstein, Jackie Weinstein, Glen Smith, Jean Smith, Martine Donahue, Ness McCulley, Gene Salamatian, Gerri Salamatian, Sonja Joos, Barbara Hetzer, Roger Ehret, Marilyn Nelson-Ehret, Shirley Fisher, Noreen Timms, Bruce McLean, Nan Bryant, Jan Grove, Jean Richards-Carter, Dorothy Kennedy, Hank Stefaniak, Cheryl Stefaniak, Jim Grayson, Ute Grayson, Carl Rorison, Bob Miller, Ron Pickerill, Janice Pickerill, Paul Ross, Anna Markus, David Brooks, Hans Klein, Ken Rogers, Jean MacDonald, Gary Garrick, Hana Garrick, Keith Davey, Des Horan, Fritz Niebisch, Rolf Petersen

Quadra and Cortes Islands

June 20th -25th

No more Participants accepted.

Gladys Schmidt 250-338-8955 Sylvia Mather 604-921-9661

Wendy Pearson 604-926-6508

Registration Fee: \$12 (first night camp + maps)

Other cost: pay as you go

Maximum number: 35 tents

Style: camping or lodge, carry gear on bike

On Friday June 20th, we will cycle from Courtenay to Saratoga Beach campsite. There is no need to reserve here. You will need to make other arrangements if you are not planning to go on this ride. We will meet at the Campbell River ferry terminal for the 9:30 ferry.

Accommodation List:

Heriot Bay Inn, Quadra Island 250-285-3322 June 21-22

\$75 (queen, double, or twin), based on double occupancy. \$10 per additional person

Gorge Harbour Marine Resort, Cortes Island 250-935-6433

June 23-24

At the time of writing, there was one room available, \$55-60, with a queen and a twin. If there is more need for rooms, I will look into B&B's at Manson's Landing. No need to reserve at the campsite. (Quadra-Cortez continued next page)

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: _____

(Quadra-Cortez continued)

I need to know how many RV's will be at the campsites on Quadra and Cortes. Please include this info when you register with the office. If you have already registered and plan to come with an RV, then call me at 250-338-8955 or email at gladys.ken@shaw.ca Since we are limited for tents spaces, please try to double up as much as possible.

Participants: Gladys Schmidt, Gordon Kennedy, Joan Engman, Sandy Kirk, Glenda Kirk, Frank Ward, Sonia Ward, Robin Howe, Bruno Freigang, Cathie Freigang, Sharon Warren, Lesley Bohm, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Sabine Hansel, Beverly Wagner, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Peter denBoer, Jo Hamilton, David Clark, Truus Clark, Valerie Gillespie, Shirley Sloan, Chris Siggers, Edward Weinstein, Jackie Weinstein, Bruce Ross, Roger Ehret, Marilyn Nelson-Ehret, Ness McCulley, Brendan Kennelly, Dennis Howard, Marg Howard, Daniel Carey, Jan Grove, Jean Richards-Carter, Jim Grayson, Ute Grayson, Carl Rorison, Wendy Pearson, Sylvia Mather, Jean MacDonald, Keith Davey.

Brentwood Bay - Gabriola Circuit

July 7th - 11th

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-Contained tour. Pay-as-you-go except for the first night camping fee. For complete itinerary see January Newsbrief

Participants: Art Borron, Jan Grove

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.

Contact: Bob Douglas 604-435-3893

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. 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

VANCOUVER ISLAND

Victoria:

Sundays 9:30 a.m. at McDonald's, corner of Oak & Saanich Rd.

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

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

Birthday Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway.

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

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. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

ON THE TRAIL TIRE MAINTENANCE COURSE

FOR WOMEN ONLY on April 30 in Victoria. For details and registration call Roberto. 389-0091 or e-mail: dockst@shaw.ca

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.

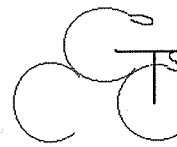
I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

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.



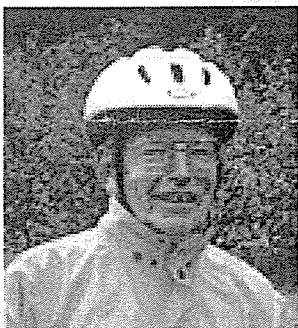
April 2003 Volume 20 Issue #4

The Cross Canada Cycle Tour Society

President's report.

David Clark

POur Spring Social was held on a sunny Wednesday in Downtown Tsawwassen. Attendance was about sixty five members who for their four dollars got to sift through a sumptuous feast put on by Shirley Fisher and her hard working helpers who were at the hall hours before the rest of us arrived. Included in the attendees were eleven or twelve from Vancouver Island.



Although this is not a business meeting we did cover the important forthcoming cycling events which included Al's Ladner to Lighthouse Loops, the Yukon Gold Trail, Victoria Hub and Spoke, the Victoria to Comox Valley plus Comox Hub and Spoke plus Quadra and Cortes Islands, New tours talked about were San Juan Islands to be conducted by David Brown and Bob Douglas, the new "Around Vancouver Area in Five Easy Days" co-coordinated by Allan Buium immediately after the Summer Picnic which is on August 6.

Speaking of picnics, the next one is in Victoria (Centennial Park in Central Saanich) on May 12. Featured will be Bill Hook's famous three choices of Chili guaranteed to propel you forward for the rest of the day. Hope to see you there..

Victoria Picnic.

Monday, May 12th at Noon.

Centennial Park,
Wallace Drive, Central Saanich

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

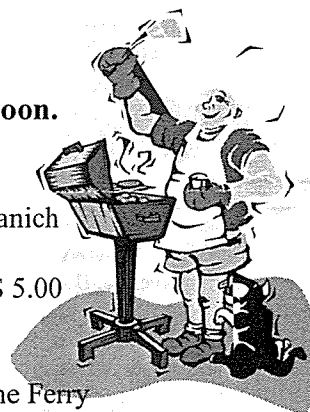
Victoria riders will meet the Ferry leaving Tsawwassen at 9:00 am and arriving at Swartz Bay at 10:35 am

Come-on out, join the fun and stay for the Victoria Hub & Spoke.

Your Hostess: Alice Campbell 250-727-3439
Island Rep. Roberto Bardati 250-389-0091

PS Club Jerseys will be available.

Swap and Shop. Clean out your Garage. Bring the cycling gear you don't use and sell, give-away or swap.



Across Canada - Shore to Shore in 2004 - Dan McGuire

In the February Newsbrief we discussed the possibility of another cycle tour across Canada for our club in 2004 and asked for expressions of interest. We've had nine members respond and there have been a few more possibilities, so we are planning to start organizing a tour. Nobody has yet volunteered to lead this tour but we think if we have a group of interested members they can form a working team and the tour can go ahead.

We asked those who responded the style of tour they preferred:

1. The typical club organized camping tour, organized by the participants, using club equipment, a support vehicle, with participants cooking and helping in camp, costing about \$3000;

2. Similar to the above but with a commercial tour operator doing all the route planning, organizing, food shopping, and driving the support vehicle, costing about \$3600;

3. A commercial tour operator providing more staff to look after cooking meals, leaving the participants free to cycle each day, all participants to help in camp, costing about \$4100.

These costs would include food, accommodation, and a support vehicle to carry equipment and personal belongings, and depend on the number of participants. The tour would take about 80 days, or more, depending on choice of tour style, route, and daily distances. So far, option #3 is the most popular, then #2 and #1. We've added this tour in the CCCTS Tours section of this Newsbrief, so those interested can apply and be a part of another great adventure.

Those who sent in expressions of interest earlier are requested to send in their registration fee. Until we have a participating Coordinator please direct inquiries and/or offers of help to the club office or to Dan McGuire.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

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
E-mail: rolfs@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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Equipment.....Ray Bremner
604 434 9253 raybremner@bcitra.bc.ca
Barton Howes
250 378 0927 Bartonfaye@aol.com

CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

April

9th Vancouver Spring Social
10th Ladner Loop Challenge

May

12th Victoria Picnic
12 to 15th Victoria Hub & Spoke
17th Yukon Gold Trail

June

11th Yukon Gold Trail. finito
13th-16th Victoria to Comox Valley
16th- 20th Comox Hub & Spoke
20th- 25th Quadra & Cortes Isles

July

7th- 11th Brentwood - Gabriola Cir.

August

6th CCCTS Annual Picnic & Swap Meet. (Deas Island)

September

October

November

25th Annual Banquet & Dance
26th Annual General Meeting.

December

10th Victoria Christmas

New Members

Balke, Harry & Verena 250-629-9996
47315 Schooner Way, Pender Island, BC V0N 2M2.
Chilcott, Willard 505-982-1282
885 Camino Del Este, Santa Fe, NM USA 87501.
Mackenzie, Joyce & Ian 604-926-5152
3741 Marine Dr., West Vancouver, BC V7V 1N3.
Walker, Susan 405-372-0091
418 Sycamore Valley Dr., Stillwater, OK, USA 74074.

Dancing anyone ?

A few of us have been enjoying this activity lately. We have gone 3 times so far on the last Saturday of the month. Some come early and have dinner (restaurant located at premises) or just for the dancing in the upper dance hall to continental music. Central location in Vancouver. Interested, call Fritz Niebisch (604) 588 2408, Wendy Pearson 926 6508 or Betty d. j., 945 0287

1-Day Cycling Courses - Free!

Only in Victoria.

Saturdays in April - May - June

One day that will change the way you cycle and think about cycling FOR GOOD!

The experience of cycling among a sea of cars can range from frightening to feeling completely comfortable - the difference lies in the skill and confidence level of the cyclist. This 8 hour course, developed by the Bike to Work Society and sponsored by the CRD Traffic Safety Commission, combines classroom and practical on-road training. Both recreational and commuter cyclists will find it very useful and empowering!

For more information and to register, visit www.biketoworkvictoria.ca
Questions: Contact Susanna Grimes at courses@biketoworkvictoria.ca or 250-920-5705.

Bill and Lois are the new owners of Tripinn in Westport. Bill enjoyed improving our knowledge of sheep and offered to roast some wether hoggets. Slow cooked on the barbecue for 8 hours , Delicious. Served with all the trimmings, dessert and coffee included, we were billed \$8. Admittedly some of our gang helped with preparations.

Bruce and I alternated in buying the " Press" A headline one day was " BUSTED; TOP COP CAUGHT". In 1999 he led a crackdown on motorists running red lights. He was now caught committing this very crime...on his pushbike !!

Talking of crime : The only piece of Canadian news we found in the paper concerned an infamous BC man who was thrown into the drunk tank in Hawaii.

At Inwoods' farm we were warmly welcomed by Ruth and Warren. As a special favour Ruth makes dinner and breakfast for our groups. Unfortunately Don's group could not be accommodated because chicken was wanted and it would require driving to a distant town . The hard working Inwoods raise pigs ,cattle and sheep and simply have no time for hens. Brian is considering working for them next time he goes.

In Murchison a decision was made to take a bus and avoid the hot and heavy hill that lay ahead. Bruce and I, being single and carefree left our booking to the day of departure, to find there was not one seat available on any of the numerous buses that pass through, but a word to our host at the Lazy Cow Hostel and we had David, a friend, outside the door and for a nominal fee we were taken to the top and cast off..We rode the rest, virtually downhill all the way. Note: Don, Bruno, the Jeffrey's, Bardatis, Kirks and presumably, the Meleskies, did the whole distance. Bosco had a spill and hurt his hand , which it has since been discovered ,contains a broken bone but he still rode to Tapawera and the next day to Motueka.

Both teams were together now in " Tupperware" In the evening a man with an accordion started playing and we all gathered around in chairs. He proudly let it be known that he couldn't read music but played by ear and improvised. Somewhere through this performance a guest , named "Peter High Pockets" by Jim because his trousers came right up to his armpits, asked sotto voce if this was a funeral. I shouted loudly to the "musician " to have a Scotch with me, but to no avail. Saying goodbye the next morning I asked the hostess "who had been playing the accordion". She told me it was her husband, thus saving me the embarrassment of telling her what I thought of the music.

Will not mention how many times we took the bus; but I cycled enough to lose a few Kg. This "gain " was offset by the weight of boulders I might find in my panniers, inadvertently dropped in by someone jealous of my high speed and go! I know it was you,



Bruno Freigang, Bruce Ross, Brian Altenkirk, Jim Jeffrey, Carl Dukeshire
Seated: Cathy Freigang, Shirley-Mae Jeffrey, Joyce Dukeshire.
Front: Meta Altenkirk, Dennis Parsons. Group #1 at Fox Glacier Hotel.

Jim!

I had not reserved any accommodation in Kaikoura. In Seddon , Joyce and Shirley Mae worked on the lady in the tourist bureau. There were absolutely no vacancies in any of the numerous hostels. But a contact was made. Judy, on her cell phone agreed to take us at her B and B, and as she was within minutes of reaching Seddon in her car, would like to meet us.

This was a pleasant and fortunate 14 km after leaving Pedallers' Rest. The next day we came on a fancy restaurant with a beautiful view over the sea. The Dukeshires' and Jeffrey's had a big hearty \$18 breakfastit was Valentines Day....but I had a Café Latte and scrambled, hoping to find something to eat further down the road.

The ride along this coast is glorious (the Kirks and Bardatis have a different opinion !) But there was nowhere to stop, so I pushed on and found Judy's place. I could see a big rainstorm approaching and the wind was building. It soon reached gale force and without hesitation, Judy roared out in her station wagon and brought in four sodden CCCTS'ers. We later went out to pick up the bikes she had left at a kindergarten.

Kiwi hospitality is so genuine

So different from the treatment I get from my fellow travellers. I open up my lunch bag with trail mix and crackers and find a small dried shark's head, sunken eyes and sharp teeth and all. Just where did that come from ?

I can only hope you had the fun I had and will long to revisit this lovely country.

I put on this tour both for the pleasure of others and the privilege of being in their company.

Thank You, Dennis

Adventure!!

By Edward J. Dyatt (The Globe & Mail)

The receptionist sounds apologetic. "Doctor is running late this morning," she says. "Please take a seat." She speaks loudly and clearly, the words elaborately articulated, so even this senior citizen can understand.

Oh well, a good opportunity to have a read. Wish I'd brought along one of my travel adventure books, but let's see what's in the magazine rack.

A bright, colourful magazine catches my eye: Adventure by National Geographic. Could be just the right medicine for a wet winter Wednesday. And surely if anyone knows about adventure, it should be National Geographic.

Somewhat coincidental, finding this particular magazine. Coming here I'd been pondering the word "adventure" and wondering what it means today. Where do you have to go, what must you do, to qualify as an adventurer in 2003? Must adventures always be incredible, involving dangerous escapades on vertical cliffs or roaring rivers? Is adventure really an option for a more cautious senior like me?

Three patients ahead of me, so this will take a while. Maybe I can use the time to go through this magazine, doing a little quick research on the meaning of adventure -- at least, adventure according to National Geographic.

Let's see, there are about 80 pictures of people in the magazine -- faces I can see clearly enough to assess their ages. People having real adventures! Sixty-one of them look young, in their twenties and thirties. About a dozen others appear middle-aged. But only six people have the familiar wrinkled look I confront in the mirror each morning.

So, first observation: you should be young to have adventure, and it seems to help if you've got a bushy beard and hairy legs. Unfortunately I don't appear to qualify on any of these counts.

"Mr. Smith, doctor will see you now." Well, I'm not Smith, so let's see what else this magazine can teach me.

What about equipment needed for adventure? Yes, I rather expected to see mountain bicycles and, sure enough, there are photos of eight of them. Canoes and kayaks? There are 12 photos, so they must be important for adventure. But the most essential piece of equipment? I might have guessed -- no fewer than 21 pictures of trucks, sport utility vehicles (SUVs) and all-terrain vehicles (ATVs). Not just small trucks but big expensive vehicles with V8 engines and enormous tires.

Second conclusion: To have adventure today you must be rich enough to buy an SUV, and so free of environmental conscience that you can cheerfully drive anywhere, churning up what's left of the virgin earth and polluting the wilderness air.

"Mrs. Jones, you can come in now please . . ." Soon it will be my

turn, but somehow I'm feeling a bit depressed by my research. According to this magazine, I'm getting too old to contemplate any more real adventure in my life. And even if I did have the spare cash I'd be ashamed to own a vehicle that proclaimed RAM, TURBO or V8 in large chrome letters along the side.

But, hey, this is a doctor's office, after all. If I didn't like a medical diagnosis, I could always ask for a second opinion. So why don't I seek a second opinion on the meaning of adventure?

I can do that by consulting a dictionary. Don't have my trusty Webster's here with me but the receptionist might just have a dictionary. She does, and expresses eloquently her great pleasure in lending it to me. Yes, I assure you, Miss Clark, I will return it to you before I leave.

Ah, here it is. Adventure: a novel, exciting or otherwise remarkable event or experience. Well, now, that's more like it. No mention of youth or financial status, so maybe there's hope for me yet. And these carefully selected adjectives -- novel, exciting, remarkable -- all very subjective. So it's up to me to decide whether or not I'm having an adventure. Suddenly I'm not feeling so disheartened any more.

"Mr. Taylor, doctor will see you now," says the receptionist quietly, then adding in her louder and clearer voice that it will be my turn next after Taylor.

But I'm miles away in imagination, back in the golden fall of 2002 when I took a five-day solo cycling trip in Washington state, with a rather unique combination of equipment with three cylinders, six wheels, and eight forward gears: My little Subaru Justy car (three cylinders, five gears) and, on a bike rack behind, my beloved Raleigh three-speed touring bicycle, vintage 1980. Every afternoon of that delightful trip I pedalled the quiet back roads, enjoying new scenic vistas at every turn. Stopping along the way for snacks and photographs, I talked to local people, learning about their homes and lives. To me, the very method of travel qualified as "novel," the opportunities for learning were truly exciting, and my eventual success in covering hundreds of kilometres without falling off my bike was of itself remarkable. According to the dictionary, my trip fully qualified as an adventure -- what I might just call a Great Little Adventure.

So, health permitting, I'll be off to Oregon next spring for another Great Little Adventure -- three cylinders, six wheels, eight gears and all. And I'll bring my Webster's dictionary along for the ride.

"Mr. Dyatt, sorry to keep you waiting, doctor will see you now." Getting up from my seat, I deliberately place Adventure magazine where it belongs -- not on the rack but in the blue recycling box. Returning the dictionary to Miss Clark, I assure her that I have found it more enjoyable and life-confirming than the magazine.

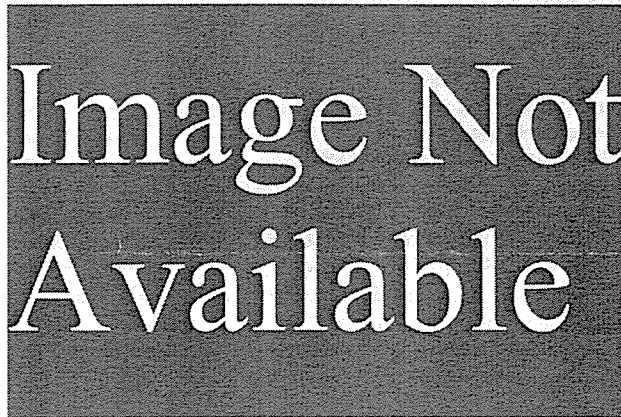
She looks at me strangely and in her clear articulated voice says . . . absolutely nothing at all.

In Memoriam.

Dennis Parsons and Michael (Owner of Tailor-Made Backpackers) laying flowers on Freda Scorahs' Memorial Cross in Lake Tekapo, New Zealand.

Freda a CCCTS member was tragically killed just over one year ago in New Zealand.

Jim Jeffrey.



Book Review.

Do you seek adventure? Would you like to bicycle alone across Africa? Read "Esprit de Battuta" by Pamela Watson, Aurum Press, 1999.

Yes indeed! A woman alone cycled across Africa - 1992-'94. It's a fascinating story of an adventure from Dakar to Dar es Salaam; a 14,527 km bicycle ride plus 1,750 km by boat on the Zaire (Congo) River, passing through Senegal, Gambia, Guinea, Mali, Burkina Faso (Upper Volta), Ghana, Togo, Benin, Nigeria, Cameroon, Equatorial Guinea, Gabon, Congo, Zaire, Rwanda, Burundi, and Tanzania.

It's a well written and fascinating story of triumph and despair, safety and danger, calm and frustration, and all the ups and downs of life; all this on a bicycle fully loaded. Do you think that your cycle tours are adventurous? It's a fascinating story of an epic adventure, and is well told.

by John Peck

Dennis has shown us New Zealand as only Dennis can.

We saw a country of spectacular beauty, a land so varied that a little bit of everywhere is in New Zealand. We found the people to be relaxed, friendly and hospitable; Kiwi hospitality, they call it. We ate their lamb and pavlova and scones with Devonshire cream; we contributed considerably to their wine and beer industry and had a good time doing so.

A Country of spectacular beauty.

We slept in a wide range of backpackers hostels and each one has its own story, and it was a happy day when we finally mastered the phone card. We climbed passes too high to be climbed, and then raced down gorges 4 km long. We struggled with winds that threatened to throw us over the sides of deep precipices and had us peddle going downhill. We cycled with birdsong and cicadas, deafening to the ear, but happy for the soul. We cycled for miles along the sea, with seals sunning so close we could look into their eyes.

There are 45 million sheep in NZ, we were told, and we biked by every one!

We had a good group on this tour; we shared and cared and truly enjoyed each other. Having two resident doctors along was a bonus, they tended our sunburns and checked our injuries, and were helpful in many ways.

A first for any tour has to be when participants sell their bike mid-tour after a particularly gruelling day - Brian and Meta did this, renting a car instead, but continuing to follow along on the tour and carry our bags to boot! We were all so very grateful for their help and support.

Thank you again, from all of us. Dennis, you have shown us why you have this love affair with NZ and we understand. Good on ya, mate, for a great tour and a heck of a lot of fun.

Duke and Joyce Dukeshire.

For Sale.

CANNONDALE TOURING BIKE.

20-21 inch, upright handlebars with thumb shifters, 3 chain rings + 6 cogs (wide range gearing), quality rear rack, fenders, bottle cage, good 700 x 28C tires, woman's saddle.

This is my wife's bike which has not been used seriously for several years; it is in good condition. \$400.

George Setterfield, (250) 478-8695, geoset@pacificcoast.net .

TREK 520 TOURING BIKE.

Bar to ground 75cm (29-1/2") RSX Shimano Shifters. STX RC Brakes. 24 speed.

Contact: Yvonne Miller at milleray@shaw.ca or Phone 1-250-764-8271

CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone, fax or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour** or **names for membership.**" Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Tours completed :	
Year 2002	Year 2003
Hawaii 2002	Hawaii 2003
Victoria Hub & Spoke	Transamerica trail 2003
Alberta-Smoky River	(cancelled)
Brentwood-Gabriola	New Zealand 2003
Kamloops Rockies # 1 & 2	
Prince Edward Island #1&2	
Gabriola Island	
Arizona	

VICTORIA HUB & SPOKE 2003

May 12th- 15th
 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. After the

picnic, those cyclists who have made previous arrangements for accommodation will be escorted. All tours will start from "The Saanich Plaza", at 9 a.m. unless otherwise noted.

Monday May 12:
 10.35 a.m. Swartz Bay Ferry terminal to Centennial Park, picnic lunch, cost associated, cycle to accommodations.

Tuesday May 13:
 Tour #1 Shawnigan Lake. Hans Klein
 Tour #2: City Scenic tour. Bill Hook
 Tour #3: Alternate City tour. Dennis Parsons

Wednesday May 14:
 Tour #1: Pender Island. Rolf Petersen
 Tour #2: City Scenic tour. Bill Hook
 Tour #3: Metchosin Leader?

Wednesday night Social: All you can eat buffet at Uncle Willys' Saanich Plaza, 6.30 pm, cost associated

Thursday May 15:
 Tour #1: Ride to Swartz Bay ferry: (Scenic) Sandy & Glenda Kirk
 Tour #2: Ride to Swartz Bay ferry: (direct) Don Stenton
 Participants: Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Shirley Fisher, Carl Rorison, Rolf Petersen, Marilyn Kan

Yukon Gold Trail.
Please note change in completion date May 17th - June 9th
 Ted Stubbs 604 321 2784

Cost estimate: \$1050
 Deposit: \$ 200 non-refundable, by Feb 15
 Balance of \$850 plus separate \$250 cheque* by 1 May 03
 Max. participants: 24
 See March Newsbrief for Itinerary.
 Total cycling distance about 1200 km.

This is a camping style tour using the club equipment. Participants will be on cooking teams and may be required to drive the support truck on their "cooking day". There are some hills, and campgrounds are scarce - wild camps will be required some times.* Emergency cheque held by CCCTS office and will be returned unless needed or (as a deterrent) if participant withdraws in middle of tour.

Participants: Ted Stubbs, Pat Stubbs, Lesley Bohm, Tom Smith, Sylvia Mather, Bill Dun, Wendy Pearson, Gerry Parsons, Jenny Cookson, Douglas White, Penny Estabrooks, Helen Enns, James Reid, Geraldine Reid, Fern Sule, George Edmonds, Eleanor Wolverton, John Mynott, Sally Svensson, Ann Miller, Mike Daniels, Monty Peters, Michael Goldberg, Ness McCulley, Beverly Wagner, Sharon Warren, Paul Westmattelman

Victoria to Comox Valley June 13th - 16th
 Rolf Petersen 250-370-6006 E-mail: rolfs@shaw.ca Registration Fee: \$10 non-refundable
 Participants: No max.

A self-supporting (no support vehicle) pay as you go, camping tour, taking you Up-Island on the scenic back roads joining the Comox Valley Hub & Spoke. (Total Distance 235 km. Longest day 65 km)
 Day 1 Victoria to Crofton (Distance 60 Km)
 Day 2 Crofton to Nanaimo south (Distance 50 km)
 Day 3 Nanaimo to Qualicum (Distance 60 km)
 Day 4 Qualicum to Courtenay (Distance 65 km)

Participants: Elma Gavin, Bosco Chang, Jake Tremblay, Faye Wilson, Rolf Petersen, David Clark, Truus Clark, Chris Siggers, Valerie Gillespie, Gene Salamatian, Gerri Salamatian, Jan Grove, Cheryl Stefaniak, Hank Stefaniak, Carl Rorison, Gary Garrick, Hana Garrick, Rob Stewart, Lynne Stewart, Ron Pickerill, Janice Pickerill, Ken Smith, Derek Holden

Comox Valley Hub & Spoke

June 16th to 20th

Gladys Schmidt 250-338-8955

Dora Ellis 250-338-9751

Registration Fee: \$12 (dinner + maps)

Other cost: pay as you go

No limit on numbers, everyone welcome

Style: Tent, RV or Motel

Tours of the beautiful Comox Valley, patterned on the very successful H&S of 2001.

Itinerary: See January Newsbrief

Accommodation List: See March Newsbrief.

There is no need to reserve at the Maple Pool Campsite.

Participants: Gladys Schmidt, Dora Ellis, Gordon Kennedy, Sandy Kirk, Glenda Kirk, Sonia Ward, Frank Ward, Sharon Warren, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Chris Siggers, Bryan Riggs, Beverly Wagner, Margaret Fyfe, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Margot Paravan, Ivan Paravan, Arno Seidelmann, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Faye Wilson, Barton Howes, Dan McGuire, June Gallagher, Peter denBoer, Jo Hamilton, John Peck, Katryn Jeronimus, David Clark, Truus Clark, Valerie Gillespie, Shirley Sloan, Edward Weinstein, Jackie Weinstein, Glen Smith, Jean Smith, Martine Donahue, Ness McCulley, Gene Salamatian, Gerri Salamatian, Sonja Joos, Barbara Hetzer, Roger Ehret, Marilyn Nelson-Ehret, Shirley Fisher, Noreen Timms, Bruce McLean, Nan Bryant, Jan Grove, Dorothy Kennedy, Hank Stefaniak, Cheryl Stefaniak, Jim Grayson, Ute Grayson, Carl Rorison, Bob Miller, Ron Pickerill, Janice Pickerill, Paul Ross, Anna Markus, David Brooks, Hans Klein, Ken Rogers, Jean MacDonald, Gary Garrick, Hana Garrick, Keith Davey, Des Horan, Fritz Niebisch, Myron Kowalyk, Ellen Kowalyk, Art Borron, Brenda Borron, Rob Stewart, Lynne Stewart, Rolf Petersen, Ronald Eade, Mary Eade, Robin Howe, Daniel Carey, Don Stenton, Erica Dhillon, Joan Engman, Harry Balke, Verena Balke, James Wolff, Marg Howard, Dennis Howard, John Turner, Diana Rogers, Joyce Mackenzie, Ian Mackenzie

Quadra and Cortes Islands

June 20th -25th

No more Participants accepted.

Gladys Schmidt 250-338-8955 Sylvia Mather 604-921-9661

Wendy Pearson 604-926-6508

Registration Fee: \$12 (first night camp + maps)

Other cost: pay as you go

Maximum number: 35 tents

Style: camping or lodge, carry gear on bike

On Friday June 20th, we will cycle from Courtenay to Saratoga Beach campsite. There is no need to reserve here. You will need to make other arrangements if you are not planning to go on this ride. We will meet at the Campbell River ferry terminal for the 9:30 ferry.

Accommodation List: See March Newsbrief

I need to know how many RV's will be at the campsites on Quadra and Cortes. Please include this info when you register with the office. If you have already registered and plan to come with an RV, then call me at 250-338-8955 or email at gladys.ken@shaw.ca Since we are limited for tents spaces, please try to double up as much as possible.

Participants: Gladys Schmidt, Gordon Kennedy, Joan Engman, Sandy Kirk, Glenda Kirk, Frank Ward, Sonia Ward, Robin Howe, Bruno Freigang, Cathie Freigang, Sharon Warren, Lesley Bohm, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Sabine Hansel, Beverly Wagner, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Peter denBoer, Jo Hamilton, David Clark, Truus Clark, Valerie Gillespie, Chris Siggers, Edward Weinstein, Jackie Weinstein, Bruce Ross, Roger Ehret, Marilyn Nelson-Ehret, Ness McCulley, Brendan Kennelly, Dennis Howard, Marg Howard, Daniel Carey, Jan Grove, Jean Richards-Carter, Jim Grayson, Ute Grayson, Carl Rorison, Wendy Pearson, Sylvia Mather, Jean MacDonald, Keith Davey

Brentwood Bay - Gabriola Circuit

July 7th - 11th

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-Contained tour. Pay-as-you-go except for the first night camping fee. For complete itinerary see January Newsbrief

Participants: Art Borron, Jan Grove, Brenda Borron

San Juan Islands Tour.

New Tour

July 6th to 17th, 2003

David Brown 360-678-0898

dfbrown@whidbey.net

Cost Estimate: \$350; Deposit: \$50

Maximum Participants: 28

Style: camping with truck to carry equipment and person belongings; cooking teams will be announced on the first day.

July 6 -10:00 to Noon - Load equipment and luggage on truck at office. Out of town cyclists may camp at site in South Surrey **July 7** - Truck stops for luggage pickup (as necessary): Oak Ridge, Tsawwassen ferry, South Surrey; cycle to Larrabee State Park on Chuckanut Dr. - 68 km from South Surrey

July 8 - To Deception Pass State Park - 54 km

July 9 - At Deception Pass, swim, hike or visit La Conner, Anacortes, Oak Harbor or Coupeville - distances vary

July 10 - To Anacortes Ferry-Friday Harbor (Lakedale) 24 km

(San Juan Islands tour continued next page)

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: _____

(San Juan Islands continued)

July 11 - On San Juan Island, visit Friday Harbor, Roche Harbor, other historic sites - distance varies

July 12 - To Moran State Park, Orcas Island - 31 km

July 13 - on Orcas Island; visit Eastsound, Rosario Resort, Doe Bay or Mt. Constitution - distance varies

July 14 - To Lopez Island, (perhaps via Shaw Island) Spencer Spit State Park - 29 km

July 15 - on Lopez Island, cycle quiet roads on the island

July 16 - Ferry to Anacortes, cycle to Larrabee State Park-40 km

July 17 - Return to Canada, South Surrey - 68 km

(Note: please advise if you would like to camp in South Surrey on July 6th or 17th and/or leave a vehicle there)

Around the Vancouver Area in Five Easy Days!

New Tour

August 7th to 11th, 2003

Allan Buium 604-875-6335 or E-mail abuuium@oanet.com

Costs \$ 10 to with registration to cover costs of maps and routes.

Plan to enjoy an easy five days of riding in and around Vancouver after the annual summer Picnic on August 6th. The hub and spoke will push off on Thursday, August 7th and close on Monday, August 11th. There will be a few choices for each of the days, none too strenuous, but interesting for both the locals and out-of-towners. And with the wide variety of places to snack or even indulge in full meals, each tour will have ample choices of locations to satisfy your taste buds. The May "Newsbrief" will have all the tour details as well as info on facilities for both tenting and "moteling".

If you have any suggestions or questions, call Allan.

Across Canada - Shore to Shore in 2004

Summer of 2004

Interim Coordinator - Dan McGuire

604-942-3235 danmcgu@telus.net

Maximum Participants: 28

Deposit: \$50; For total cost see earlier descriptions.

Style: camping with truck for equipment and personal belongings,

Options (see earlier descriptions) include:

1. Participant run, club equipment;
2. Commercial operator, participant cooking etc;

New Tour

3. Commercial operated, participant assisted.

Please let us know your order of preference of tour style, for example 2-3-1, let us know if you'd like to volunteer for any specific function, and send any other suggestions or comments.

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.

Contact: Bob Douglas 604-435-3893

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

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

VANCOUVER ISLAND

Victoria:

Sundays 9:30 a.m. at McDonald's, corner of Oak & Saanich Rd.

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

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

Birthdays Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

Nanose/Parksville.

Thursdays 10:00 a.m. at Nanose Place, 2925 Northwest Bay

Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

Comox Valley. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250.372.8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

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.



May 2003 Volume 20 Issue # 5

The Cross Canada Cycle Tour Society

President's report.

David Clark

By the time you receive this edition of the Newsbrief the Victoria Picnic and Hub and Spoke will have come and gone as well as all the residual effects of Bill Hook's Chili. The next major get together will be at the Comox Valley Hub and Spoke in June followed by the Vancouver Picnic on August 6. Following the picnic Allan Buium is coordinating "Around Vancouver in five easy days" from August 7-11 inclusive. Thank you Allan.



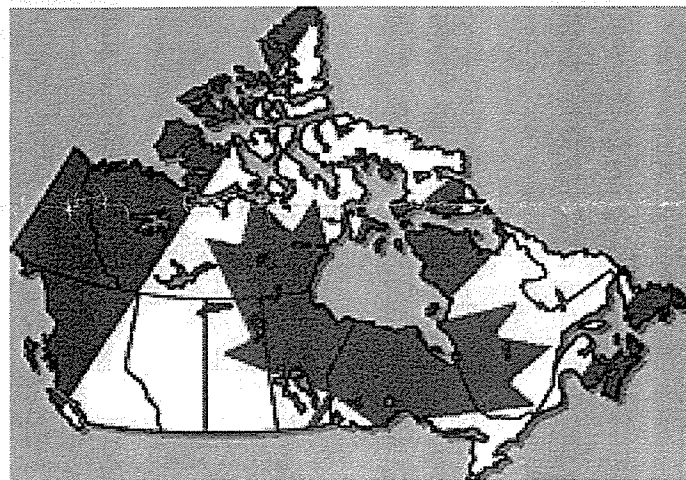
I don't talk about personal happenings in this column but.. I do want to tell you about the CanbikeII course that Truus and I took from Bruce Mol in April.. We took it because we thought we might learn something worthwhile about the sport we enjoy so much and because our Society has promoted the course in the past.

There was a lot of valuable new material for us as well as reinforcement of what we already knew. For us the items of particular value were 1) road positioning and signaling useful anywhere but particularly in congested streets and when riding arterial routes 2) bike handling such as "the Rock Dodge", fast turns and quick emergency stops. The on road practice included the "bike courier test route" which together with a few passes over the Granville Street bridge gave us some memorable challenges.

Our Society promotes the Canbike II and for those who complete the course and undertake to apply the skills learned to benefit the Society, we will reimburse them for one half the cost.

For course information try www.gonecvcling.com.

Safe Cycling !



20 Years Ago !

This is the month to celebrate !

20 years ago on May 23rd, 1983, the first CCCTS Canada Tour started from Mile 0 in Victoria, British Columbia, and thanks to the efforts of Eva Folk in contacting several participants of that first trip, we can now in this the May issue of the Newsbrief, share some of the thoughts and moments from that trip. The picture on page 3 is thanks to one of the founders of our club, Burt Robinson.

Of course before the tour got under way a lot of planning had to be done. The first recorded CCCTS meeting took place in February 1982 and the club was officially registered as a Society, January 13th 1983.

As far as the records show, these are the people with the vision and fortitude to get the CCCTS started and the first Senior Cross Canada Cycle tour underway: Fred Graystone, Len Robertson, Bob Douglas, Ernie Addicot, Bert Robinson, Wendy Wilkinson, Eric Hodge, Don Coghill, Charles Eakan, Eric Manuel (if I left any names out I will apologize before hand).

Thank you to One and All !

On an other subject: The last Newsbrief had some errors on page 3. The page is in this issue sans errors. My apologies to Jim Jeffrey (who supplied the picture), Dennis Scorah and Joyce and Duke Dukeshire.

Rolf Petersen, Editor.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

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
E-mail: rolfs@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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604 434 9253	raybremner@bcitra.bc.ca
Barton Howes	
250 378 0927	Bartonfaye@aol.com

CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

May		August
12 th	Victoria Picnic	6 th CCCTS Annual Picnic & Swap Meet. (Deas Island)
12 to 15 th	Victoria Hub & Spoke	7 th -11 th Around Vancouver Area in five Easy Days.
17 th	Yukon Gold Trail	
June		September
11 th	Yukon Gold Trail. finito	
13 th -16 th	Victoria to Comox Valley	October
16 th - 20 th	Comox Hub & Spoke	
20 th - 25 th	Quadra & Cortes Isles	November
		25 th Annual Banquet & Dance
July		26 th Annual General Meeting.
7 th - 11 th	Brentwood - Gabriola Cir.	December
6 th -17 th	San Juan Islands tour.	10 th Victoria Christmas

New Members

Johnston, Frank	250-382-8496
3637-1507 Queensway Ave., Victoria, BC V8P 5M5.	
Jones, Caroline	604-738-6095
2534 W. 1st Ave., Vancouver, BC V6K 1G7.	
Kelly, David	250-658-8669
5308 Mynabird Lane, Victoria, BC V8Y 3H6.	
McSporran, Marilyn	780-458-0032
5D Burnham Ave., St. Albert, AB T8N 1X7.	
Munro, Margaret	250-658-5843
15-4318 Emily Carr, Victoria, BC V8X 5E7.	

Wanted.

Bike Friday (New World Tourist) in good condition.
Please contact: Sharlane Fossum at 250-370-6006 or email rolfs@shaw.ca

For Sale.

Velo Sport "Everest" touring bicycle. 25" chro-moly frame, 21 speed, built-in lighting set with generator, spare spokes on frame, front and rear pannier racks with good rear panniers. \$350.
Phone Sandy Kirk at 250-658-1260.

The First Cross Canada Cycle Tour - 1983

On my 70th birthday, we started at Mile 0 in Victoria, after being subjected to a couple of days of being tested physically and registered by computer, of our physical condition.

I have to hand it to Big, Bad, Bert Robinson, for his organizing expertise. "Our Chief Rascal"

#1 He organized the Red Cross, who monitored us 3 times, flew out to Thunder Bay (½ way) and again at the end of the road, St. Johns Newfoundland.

#2 He organized the diesel brand new truck (sag-wagon) . Donated by 3 furniture companies, plus driver, for our heavy gear.

#3 Arranged media, plus government involvement, who gave us a substantial cheque during our travels. We visited Government House, Sussex Drive, tip of the hat to the Governor General who took the time to speak individually to each member. Loads of publicity all the way; thanks Bert!

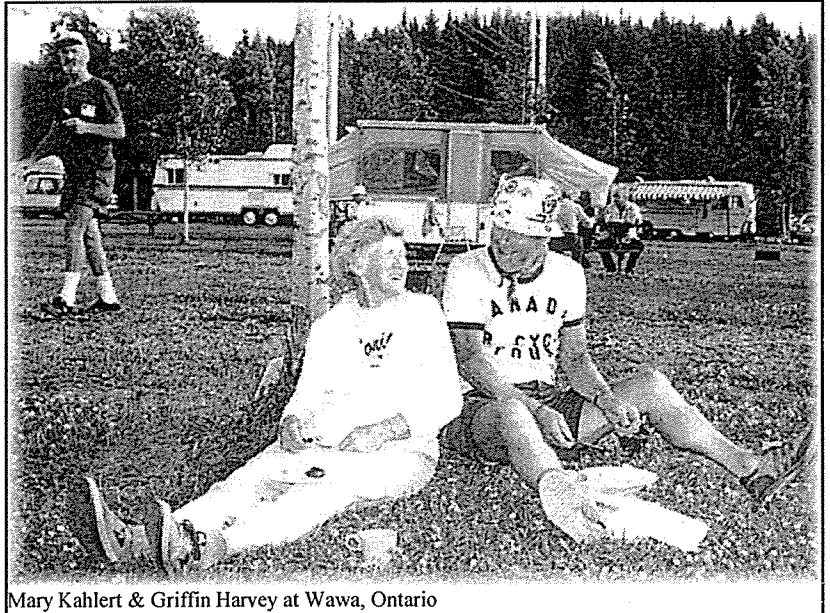
A helicopter from the new T.V. channel 2 landed at Tsawwassen Beach. Being my birthday, I was chosen for an interview, compliment of Bert. T.V. guy's famous words, "How will you find it, Griff?" Piece of cake. We have 4 points in our favour:

- #1 Same latitude over, so bound to be flat;
- #2 We have the prevailing winds at our backs;
- #3 We are carried by the revolution of the earth;
- #4 "Secret" We have a strong magnetic device on our handlebars, and a mighty powerful beam on the top of Cabots Tower, Signal Hill St. Johns, pulling us there.

My girlfriend Mildred Bogdane broke her leg on her bike a week ago, so couldn't go. She volunteered to drive the ambulance up Jackass Pass, full of Geritol. A big slap of the thigh from the interviewer, heard all over B.C.

By the way it was so hot (we had an out of season hot spell) that made Jackass Pass tough! I saw 6 members, standing in the shade of 1 telephone poll.

My worst part of the whole trip was from Cache Creek to Kamloops. This is a fact, it was so hot, I drank 2 gallons of water. One doesn't wait till one gets thirsty, one has to anticipate. Where does all the water go? Mainly through expelling breath in the air.



Mary Kahlert & Griffin Harvey at Wawa, Ontario

To conclude; Mildred and I have been all over the world, cruising, etc. 17 major cruises on one line only. I would say this Cross Canada Tour is the most educational trip I have taken! We were close to the earth and close to the people. They were wonderful.

I hope the History Book which I compiled of photos and facts, bound with linoleum is still around.

I am the **BIG 90** on May 23rd / 03, drop in and have a piece of cake and a tiddley at 403-1705 Martin Drive, Surrey.
Tel: 604-536-3164.

All the best / Happy Wheeling, Griffin Harvey.

20th Anniversary - CCCTS by Eva Folk

On looking back on that first bicycle trip across Canada, it was a very unusual and rather daring undertaking.

Young athletic people had been known to bicycle across Canada. It was unheard of for retirees to do so. Bert Robinson's vision had a group of Seniors doing just that.

Many plans were made as to how this first tour should take place and finally on May 24th 1983 a group of fourthy senior men and women started out from Mile 0 in Victoria.

When the first group arrived in New Foundland they were a hardy, physically fit, cycle experienced group. They had also had the adventures of a lifetime.

Their method of camping and moving along daily had evolved to be quite efficient and it has formed the basis for all the wonderful CCCTS tours that came after. This tour also proved that Seniors are very strong and capable and Rocking Chairs have no place in their lives.

I am so glad I participated in that early tour twenty years ago. Some of the best times of my life have been on tour with the Cyclists and many of my best friends are among the CCCTS.

FIRST CROSS CANADA TOUR - 1983

Our trip across Canada began with three days in Victoria on the May 24th weekend. We were billeted in a church hall - all 29 of us - plus bikes and bags.

There were also four kinesiology students from Simon Fraser University with all of their equipment, bustling around testing and recording our physical ability. Rumours were floating around that we were invited to join on our bicycles, fully equipped and smiling, in one of two Victoria Day parades next morning on Government Street. The holiday traffic and the crowds at the parades made it all a painful process.

On the third day, while hurrying to catch the ferry, two of us got flat tires. Thank Heaven for Bob and Eric.

While sitting on the ferry and worrying about the traffic from Twawassen to Langley, I remembered the sign near Beacon Hill Park that read "Mile 0 to St. Johns, Newfoundland - 4860 miles". Impossible! Couldn't I just develop mumps, measles or anything contagious so I would be forced to go back to the Shuswap where I belong.

The Fraser Canyon and the Thompson with all their hills and hollows and tunnels and heat were very tough all the way to Cache Creek but the rest was a daily picnic. We were treated royally all the way across Canada.

We were often put up in a hall or arena or an army barracks. In Quebec City we were put up in the citadel. Trays of sandwiches and dainties and drinks appeared at every stop.

Finally, after 100 days of cycling 50 to 70 miles daily, kitchen duty, washing socks, etc, wind, rain, heat, diesel fumes, mosquitoes and some lovely summer days; we were met by four motorcycle police and escorted into St. Johns through a cheering crowd.

At the Tobray Centre the same four SFU students were waiting to determine the results of all our effort.

Physically we had dropped into a category ten years below our chronological age.

Later on we learned that we had won the Canadian Cycle Association's annual award for our contribution to recreational cycling. I was lucky enough to be chosen by our group to go to Halifax to receive the award which was a nice plaque.

What a lovely summer holiday that first Cross Canada Cycle trip was for me.

Mavis Worthington

A Country of spectacular beauty. *Duke and Joyce Dukeshire*
Dennis has shown us New Zealand as only Dennis can.

We saw a country of spectacular beauty, a land so varied that a little bit of everywhere is in New Zealand. We found the people to be relaxed, friendly and hospitable; Kiwi hospitality, they call it. We ate their lamb and pavlova and scones with Devonshire cream; we contributed considerably to their wine and beer industry and had a good time doing so.

We slept in a wide range of backpackers hostels and each one has its own story, and it was a happy day when we finally mastered the phone card. We climbed passes too high to be climbed, and then raced down gorges 4 km long. We struggled with winds that threatened to throw us over the sides of deep precipices and had us peddle going downhill. We cycled with birdsong and cicadas, deafening to the ear, but happy for the soul. We cycled for miles along the sea, with seals sunning so close we could look into their eyes.

There are 45 million sheep in NZ, we were told, and we biked by every one!

We had a good group on this tour; we shared and cared and truly enjoyed each other. Having two resident doctors along was a bonus, they tended our sunburns and checked our injuries, and were helpful in many ways.

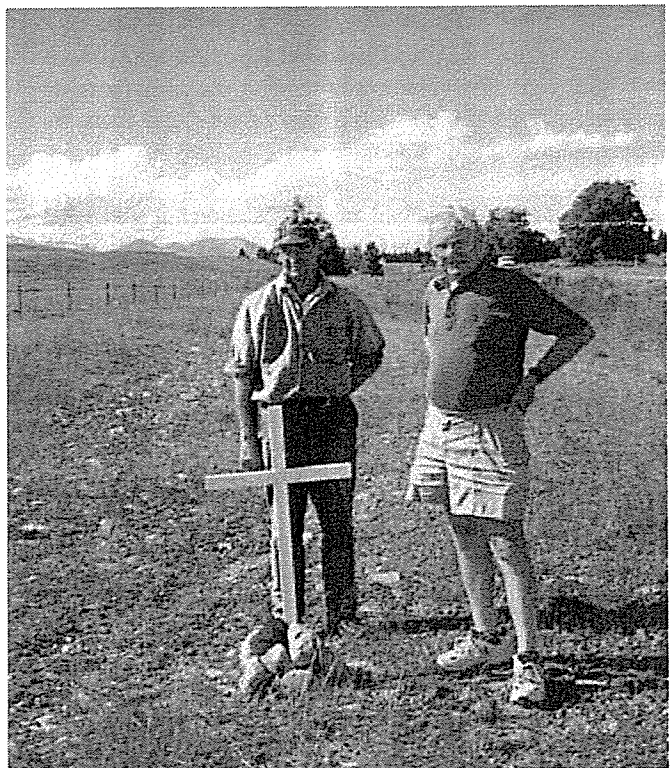
A first for any tour has to be when participants sell their bike mid-tour after a particularly gruelling day - Brian and Meta did this, renting a car instead, but continuing to follow along on the tour and carry our bags to boot! We were all so very grateful for their help and support.

Thank you again, from all of us. Dennis, you have shown us why you have this love affair with NZ and we understand. Good on ya, mate, for a great tour and a heck of a lot of fun.

Duke and Joyce Dukeshire.

In Memoriam. *Jim Jeffrey.*

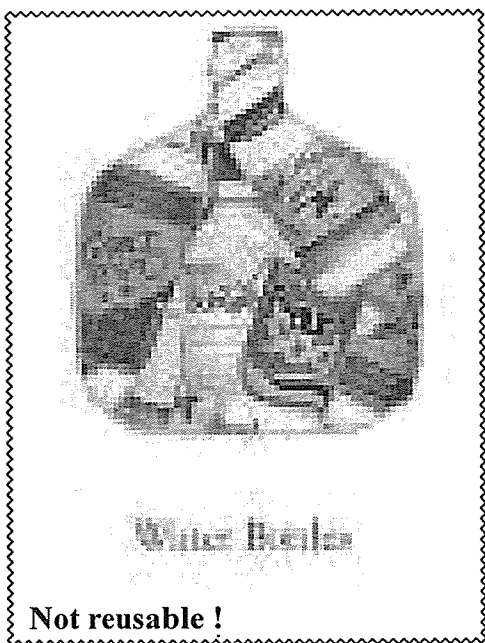
Dennis Parsons and Michael (Owner of Tailor-Made Backpackers) laying flowers on Freda Scorahs' Memorial Cross in Lake Tekapo, New Zealand. Freda a CCCTS member was tragically killed just over one year ago.



Warning !

Recycled water bottles can be a health hazard according to a study that was published in the *Canadian Journal of Public Health*.

While people may think they're doing a good deed for the environment or saving money when they reuse water bottles for anything from juice in a bagged lunch to a week's worth of water refills from the water cooler, researchers say they could be risking their health.



Not reusable !

Dangerous bacteria and potentially toxic plastic compounds have been found in the types of water bottles that are reused. A study of reused water bottles found bacteria that would prompt health officials to issue boil-water advisories, had the samples come from a tap. These were bottles that were not being washed frequently.

Furthermore, a study conducted in the US suggest the find of thorough washing that could kill bacteria might make the bottles unsafe in another way. Frequently washing might accelerate the breakdown of the plastic, potentially causing chemicals to leach into the water, the study found.

Although plastics experts contend the bottles are safe, the study ultimately concluded little is known about what happens when the bottles are used over and over again. Single-use soft-drink and water bottles are commonly made of a plastic called polyethylene terephthalate (PET) which, while considered safe for its intended use, was found to break down over time with more stuff ending up in the water.

One of the toxins that frequently appeared in water samples from the reused bottles was DEHA, a carcinogen regulated in drinking water because it has been found to cause weight loss, liver problems, or possible reproductive difficulties. It is also suspected that DEHA can cause cancer in humans.

The Canadian Bottled Water Association advises against reusing the containers that are made for single use and should be recycled afterward, not reused.

Al's Ladner to Lighthouse Loops

Thursday morning was dry, a pleasant surprise for our 100 k contingent starting the loop round Ladner and the Boundary Bay lighthouse.

To Start with we were all given colour-coded directions and matching tape, to prevent any confusion about who to follow. Lucky for me Helen knew the route and Austin, Mike, Cathy, and Jim joined us as we meandered back and forth around Ladner watching the eagles.

The only misdemeanour, that almost cost each of us \$85, happened when impatience got the better of us. We had been trapped for 15 minutes while the longest freight train imaginable left Roberts bank, so we skipped round the barrier before the lights went out and got nabbed by the railway cop.

The rest of the ride went smoothly although the wind had us working hard as we headed down to the border. Lack of proper picture I D was no problem as we crossed into the States.

We have many people to thank, High Commissioner: Marten dressed for the part with cap and clip board keeping careful track of our times. Shirley, Dorothy, and Joan who provided a lovely lunch at Boundary Bay lighthouse including birthday cake. Also Cory who calculated all our times to check which one of us came closest to the average speed preset by Al.

A great big thank you must go the Al and Mary who seemed to be everywhere keeping us on the right track.

Dave Gillanders, the 100k and Sonja Ward, the 70 k, were the lucky winners of the two bikes generously provided by our patron Al Hollinger. Walter Griffion, the 55 k and Bob Douglas, the 35k; won 2 water bottles and a complete spring tune up for their bikes generously donated by Peninsula cycle.

In all 35 hardy souls completed their selected distances and everyone who did not come missed an unexpected dry day and some wonderful hospitality.

Jean MacDonald.

"Thumbs up to Arvind Sharma of Delta Engineering for the very congenial support he and his staff provide annually to CCCTS cyclists for the annual Ladner to Lighthouse Loops event and to Damian O'Hagan and Les Lommel of Peninsula Cycles in South Surrey for their generous donation of a pair of water bottles and Spring tune-up certificates."

Mary Eickhoff

I am new to the club and do not know the mainlanders. However I would appreciate if you would forward my appreciation to the volunteers for the 2 days in Delta.

The meals were excellent, the route was enjoyable and the ride was great. I was in the 100 k group.

Thanks for job well done! Michael Heit.

CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone, fax or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Tours completed.

Year 2002

Hawaii 2002
 Victoria Hub & Spoke
 Alberta-Smoky River
 Brentwood-Gabriola
 Kamloops Rockies # 1& 2
 Prince Edward Island #1&2

Year 2003

Gabriola Island
 Arizona
 Hawaii 2003
 Transamerica trail 2003
 (cancelled)
 New Zealand 2003
 Victoria Hub & Spoke

Yukon Gold Trail.

May 17th - June 9th
 Ted Stubbs 604 321 2784

Cost estimate: \$1050
 Deposit: \$ 200 non-refundable, by Feb 15
 Balance of \$850 plus separate \$250 cheque* by 1 May 03
 Max. participants: 24
 See March Newsbrief for Itinerary.

Total cycling distance about 1200 km.
 This is a camping style tour using the club equipment. Participants will be on cooking teams and may be required to drive the support truck on their "cooking day". There are some hills, and campgrounds are scarce - wild camps will be required some times.* Emergency cheque held by CCCTS office and will be returned unless needed or (as a deterrent) if participant withdraws in middle of tour.

Participants: Ted Stubbs, Pat Stubbs, Lesley Bohm, Tom Smith, Sylvia Mather, Bill Dun, Wendy Pearson, Gerry Parsons, Jenny Cookson, Douglas White, Penny Estabrooks, Helen Enns, James Reid, Geraldine Reid, Fern Sule, George Edmonds, Eleanor Wolverton, John Mynott, Sally Svensson, Ann Miller, Mike Daniels, Monty Peters, Michael Goldberg, Ness McCulley, Beverly Wagner, Sharon Warren, Paul Westmattelman

Victoria to Comox Valley

June 13th - 16th

Rolf Petersen 250-370-6006 E-mail: rolfs@shaw.ca
 Registration Fee: \$10 non-refundable
 Participants: No max.

A self-supporting (no support vehicle) pay as you go, camping tour, taking you Up-Island on the scenic back roads joining the Comox Valley Hub & Spoke. (Total Distance 235 km.
 For Itinerary see April Newsbrief.

Participants: Elma Gavin, Bosco Chang, Jake Tremblay, Faye Wilson, Rolf Petersen, David Clark, Truus Clark, Chris Siggers, Valerie Gillespie, Gene Salamatian, Gerri Salamatian, Jan Grove, Cheryl Stefaniak, Hank Stefaniak, Carl Rorison, Gary Garrick, Hana Garrick, Rob Stewart, Lynne Stewart, Ron Pickerill, Janice Pickerill, Ken Smith, Derek Holden, Shirley Sloan

Comox Valley Hub & Spoke

June 16th to 20th

Gladys Schmidt 250-338-8955 Dora Ellis 250-338-9751,
 Charlotte Galic 250-334-4288 Irja Svensson 250-338-1265
 Registration Fee: \$12 (dinner + maps)

Other cost: pay as you go
 No limit on numbers, everyone welcome
 Style: Tent, RV or Motel
 Itinerary: See January Newsbrief

Accommodation List: See March Newsbrief.

Participants: Gladys Schmidt, Dora Ellis, Gordon Kennedy, Sandy Kirk, Glenda Kirk, Sonia Ward, Frank Ward, Sharon Warren, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Chris Siggers, Bryan Riggs, Beverly Wagner, Margaret Fyfe, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Margot Paravan, Ivan Paravan, Arno Seidelmann, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Faye Wilson, Barton Howes, Dan McGuire, June Gallagher, Peter denBoer, Jo Hamilton, John Peck, Katry Jeronimus, David Clark, Truus Clark, Valerie Gillespie, Shirley Sloan, Edward Weinstein, Jackie Weinstein, Glen Smith, Jean Smith, Martine Donahue, Ness McCulley, Gene Salamatian, Gerri Salamatian, Sonja Joos, Barbara Hetzer, Roger Ehret, Marilyn Nelson-Ehret, Shirley Fisher, Noreen Timms, (cont. p7)

Bruce McLean, Nan Bryant, Jan Grove, Dorothy Kennedy, Hank Stefaniak, Cheryl Stefaniak, Jim Grayson, Ute Grayson, Carl Rorison, Bob Miller, Ron Pickerill, Janice Pickerill, Paul Ross, Anna Markus, David Brooks, Hans Klein, Ken Rogers, Jean MacDonald, Gary Garrick, Hana Garrick, Keith Davey, Des Moran, Fritz Niebisch, Myron Kowalyk, Ellen Kowalyk, Art Borron, Brenda Borron, Rob Stewart, Lynne Stewart, Rolf Petersen, Ronald Eade, Mary Eade, Robin Howe, Daniel Carey, Don Stenton, Erica Dhillon, Joan Engman, Harry Balke, Verena Balke, James Wolff, Marg Howard, Dennis Howard, John Turner, Diana Rogers, Joyce Mackenzie, Ian Mackenzie, George Brandsma, Roger Parker, Corry Koster, Mary Brandsma, Marilyn McSporran, Emmy Matte, Jim Burnett, Bill Fairbank, Gerald Porter, Arlene Porter, Margaret Munro, Jim Jeffrey, Shirley Jeffrey, Jack Nellist, Guenther Wellmann, Alida Wellmann, Hans Beyer

Quadra and Cortes Islands

June 20th -25th

No more Participants accepted.

Gladys Schmidt 250-338-8955 Sylvia Mather 604-921-9661
Wendy Pearson 604-926-6508

Registration Fee: \$12 (first night camp + maps)

Other cost: pay as you go

Maximum number: 35 tents

Style: camping or lodge, carry gear on bike

On Friday June 20th, we will cycle from Courtenay to Saratoga Beach campsite. There is no need to reserve here. You will need to make other arrangements if you are not planning to go on this ride. We will meet at the Campbell River ferry terminal for the 9:30 ferry.

Accommodation List: See March Newsbrief

Participants: Gladys Schmidt, Gordon Kennedy, Joan Engman, Sandy Kirk, Glenda Kirk, Frank Ward, Sonia Ward, Robin Howe, Bruno Freigang, Cathie Freigang, Sharon Warren, Lesley Bohm, Jan Johnson, Mike Fibiger -Crossman, Nille Fibiger-Crossman, Sabine Hansel, Beverly Wagner, Ray Wright, Laureen Wright, Elma Gavin, Bosco Chang, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Peter denBoer, Jo Hamilton, David Clark, Truus Clark, Valerie Gillespie, Chris Siggers, Edward Weinstein, Jackie Weinstein, Bruce Ross, Roger Ehret, Marilyn Nelson-Ehret, Ness McCulley, Brendan Kennelly, Dennis Howard, Marg Howard, Daniel Carey, Jan Grove, Jean Richards-Carter, Jim Grayson, Ute Grayson, Carl Rorison, Wendy Pearson, Sylvia Mather, Jean MacDonald, Keith Davey, Joyce Mackenzie, Ian Mackenzie

Brentwood Bay - Gabriola Circuit

July 7th - 11th

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-Contained tour. Pay-as-you-go except for the first night camping fee. For complete itinerary see January Newsbrief

Participants: Art Borron, Jan Grove, Brenda Borron

San Juan Islands Tour.

New Tour

July 6th to 17th

David Brown 360-678-0898 dfbrown@whidbey.net

Cost Estimate: \$350; Deposit: \$50

Maximum Participants: 28

Style: camping with truck to carry equipment and person belongings; cooking teams will be announced on the first day.

July 6 -10:00 to Noon - Load equipment and luggage on truck at office.

Out of town cyclists may camp at site in South Surrey

July 7 - Truck stops for luggage pickup (as necessary): Oak Ridge, Tsawwassen ferry, South Surrey; cycle to Larrabee State Park on Chuckanut Dr. - 68 km from South Surrey

July 8 - To Deception Pass State Park - 54 km

July 9 - At Deception Pass, swim, hike or visit La Conner, Anacortes, Oak Harbor or Coupeville - distances vary

July 10 - To Anacortes Ferry-Friday Harbor (Lakedale) 24 km

July 11 - On San Juan Island, visit Friday Harbor, Roche Harbor, other historic sites - distance varies

July 12 - To Moran State Park, Orcas Island - 31 km

July 13 - on Orcas Island; visit Eastsound, Rosario Resort, Doe Bay or Mt. Constitution - distance varies

July 14 - To Lopez Island, (perhaps via Shaw Island) Spencer Spit State Park - 29 km

July 15 - on Lopez Island, cycle quiet roads on the island

July 16 - Ferry to Anacortes, cycle to Larrabee State Park-40 km

July 17 - Return to Canada, South Surrey - 68 km

(Note: please advise if you would like to camp in South Surrey on July 6th or 17th and/or leave a vehicle there)

Participants: David Brown, Virginia Brown, Dorothy Glover, Emmy Matte, Tamas Sandor, Wendy Sandor, Josie Zewiec, Caroline Jones

Interested: John Peck, Bob Miller, Fritz Niebisch, Charlotte Galik, Bob Cochran, Karen Cochran

Around the Vancouver Area in Five Easy Days!

New Tour

August 7th to 11th, 2003

Allan Buium 604-875-6335 or E-mail abuium@oanet.com

Cost: \$10 for registration to cover incidental costs, but other costs are "pay as you go".

Please pre-register to assist with planning.

Here are a few places I've checked out where you may want to stay. The price was a factor and the sites know that you may be calling, i.e. CCCTS members. ALL reservations MUST BE made by YOU. The two Richmond sites are within a 10 min. bike ride of each other and the RV site is being considered as one of the starting points. They are a short ride to the airport and close to Hwy. 99 and the Oak St. Bridge. Both are also within a 20 min. ride to Oakridge, (Vancouver continued P.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): _____

Bicycling Experience: _____

(Around Vancouver continued)
 another considered starting point.
 Richmond R.V. Park and Campground, 6200 River Rd. 604-270-7878,
 Fax 604-244-9713, e-mail: richmonddrv@aol.com website:
<http://www.travel.bc.ca/r/richmonddrv/>
 cost: tent for 2 is: \$17/night, free showers and parking.
 Accent Inns - Airport, 10551 St. Edwards Dr., 604-273-3311/ 1-800-
 663-0298, www.accentinns.com
 cost: \$85/night (from 1-4 persons), free parking. When booking please
 state Group#2440, CCCTS This rate will be in effect for all bookings
 made prior to July 29th. Bikes allowed in the room and if 10 or more
 rooms booked then a special room will be available.
 UBC Housing, 604-822-1000 Ext. #3. www.conferences.ubc.ca e-mail:
reservations@housing.ubc.ca
 cost: \$24/night/person + 15% tax. This is a bit out of the way but a nice
 site.
 Youth Hostel, Jericho Beach, 604-224-3208 cost: 18.50/night (member)
 or \$22.50 (non-mem.)

There will be a dozen tours with at least three different tours for each of
 the five days, with repeats if requested. The rides will vary in distance
 from approx. 50 km to 80 km and two choices will include sojourns into
 the U.S. (bring your passport or 2 pcs. of I.D. - one to show citizenship).
 Tours may start at different locations and for those using a car, free
 parking will be available at all sites. Tour info and maps will be
 provided. Specific routes will be in the June newsletter but rides will
 include: Deep Cove, Mt. Seymour and Horseshoe Bay (and Bowen Is.)
 on the North Shore, Burnaby's recreational areas, Belcarra Park, South
 Delta, N.W. Washington, the wonders of Richmond, New Westminster's
 waterfront and historical sites, U.B.C. and S.F.U. and their environs,
 Vancouver's many neighbourhoods, parks, historical sites, the
 waterfront, and of course numerous eateries and watering holes!
Participants: Allan Buium, Dan McGuire, June Gallagher, Loretta Goetsch

Across Canada - Shore to Shore in 2004
 Summer of 2004

New Tour

Interim Coordinator - Dan McGuire 604-942-3235 danmcpu@telus.net

Maximum Participants: 28
 Deposit: \$50; For total cost see earlier descriptions.
 Style: camping with truck for equipment and personal belongings,
 Options (see earlier descriptions) include:
 1. Participant run, club equipment;
 2. Commercial operator, participant cooking etc;
 3. Commercial operated, participant assisted.
 Please let us know your order of preference of tour style, for example 2-
 3-1, let us know if you'd like to volunteer for any specific function, and
 send any other suggestions or comments.

Participants: Glen Smith, Roy Goodchild, Helen Goodchild, Brendan
 Kennelly, Richard Mathias, Barbara Mathias
Interested: Les Huggins, Robin Howe, Marilyn Kan, Roger Ehret, Marilyn
 Nelson-Ehret, Susan Walker

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of
 Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end
 of Queensborough Bridge The usual ride is to Steveston.
 Contact: Bob Douglas 604-435-3893

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

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

VANCOUVER ISLAND

Victoria:

Sundays 9:00 a.m. at McDonald's, corner of Oak & Saanich Rd.
Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or
 10:00 a.m. at McDonald's, Pat Bay Highway 17
 Birthday Lunch, 11:30 am 3rd Wednesday of month at White Spot on
 Pat Bay Highway
 Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493
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. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789
 Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

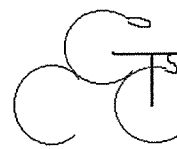
Kelowna We are a small group who ride regularly on **Tuesdays** and we
 invite others to join us if they live in the area or are just visiting.
 Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

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.



June / July 2003 Volume 20 Issue # 6

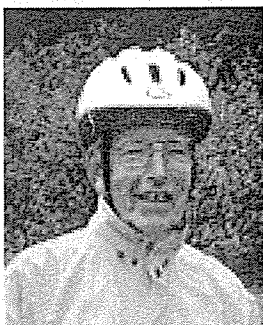
The Cross Canada Cycle Tour Society

President's report.

David Clark

PSUMMERTIME AND THE LIVIN IS EASY.

That is easy for most of us with the possible exception of our leaders David Brown, Rolf Petersen, Gladys Schmidt, Art Borron and Alan Buium who have undertaken to organize and keep us happy on our bikes during this summer.



And what about Ted Stubbs you might ask? Some of you will know that Ted came back from the Yukon without ever getting on his bike. Without getting too specific he wasn't feeling well and the doctors found that his blood count was way down. So he passed the reins off to a committee who as far as we know (no news is good news) have been doing a great job completing the tour. Ted never got to use the biffy or the oven that he built specially for the trip. What is worse, he didn't get to see that beautiful part of the world from the seat of a bicycle. The good news is that he is feeling better and outside of having to put up with a large number of medical practitioners, is busy pulling up carpets and working in the garden and maybe scheming a way to do the trip next year??.

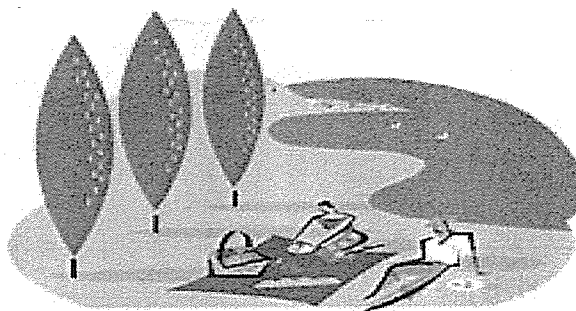
The British Columbia Lung Association is putting on their 19th annual Bicycle Trek for Life and Breath on September 6 and 7. Those interested in participating can access information on their website www.bc.lung.ca or calling 604-731-lung.

The Club Jerseys will be available from Kim Vogt at the Comox Hub & Spoke.

This will be the last Newsbrief until after the August 6 picnic at Deas Island, so you won't have a reminder to commit to the Vancouver Hub and Spoke, indicate an interest in Sea to Sea 2004 or the new tour in Chile in the Fall. I suggest that if you are interested in any of these, you write right away to confirm your interest. By the way there is likely to be a spot or two still available for the Quadra/Cortes tour and you can find out for sure by calling Gladys. I wish you all a great summer.

Annual Picnic & Swap Meet.

Wednesday, August 6th 12 noon.



Deas Island Regional Park.

(Located on River Road. 2.5 km east of Hwy 99 in Delta)

The Picnic area is past the Heritage house.

Lunch at Noon.

Cost \$ 5.00

For information contact Shirley Fisher (604) 255-0087

Editor's Desk.

Please note this Newsbrief is June/July and next issue of the Newsbrief will not be till August.

Due to space limitations under "Tours", a new and exciting tour in Chile has been placed on page 5 and the number of participants is limited to 14 so act fast.

Other than that I am taking a summer break too; so have a really good one. I am looking forward to lots of input from the participants of all the Tours on the go this summer.

And finally a BIG "thank you", to my ever willing Newsbrief helpers, Barbara and Sonja.

Rolf Petersen.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

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
E-mail: rolfs@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

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CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

June

9th Yukon Gold Trail. finito
13th-16th Victoria to Comox Valley
16th- 20th Comox Hub & Spoke
20th- 25th Quadra & Cortes Isles

September

October

November

25th Annual Banquet & Dance
26th Annual General Meeting.

December

10th Victoria Christmas

July

7th- 11th Brentwood - Gabriola Cir.
6th-17th San Juan Islands tour.

August

6th CCCTS Annual Picnic & Swap
Meet. (Deas Island)
7th-11th Around Vancouver Area
in five Easy Days.

New Members

Buchwald, David 250-385-6748
202-525 Ritchet St., Victoria, BC V8V 1E4.
Edmunds, John & Lisa 780-460-5008
62 Enderby Cr., St. Albert, AB T8N 6Y2.
Lee, David 250-479-7368
414-1002 McKenzie Ave., Victoria, BC V8X 4B5
Varcoe, Cameron 604-540-1322
112 - 7216 Mary Ave., Burnaby, BC V5E 3K5.
Weber, Edward J 613-829-1330
16 Sioux Crescent, Nepean, ON K2H 7E5.

For Sale.

Velo Sport "Everest" touring bicycle. 25" chro-moly frame, 21 speed, built-in lighting set with generator, spare spokes on frame, front and rear pannier racks with good rear panniers. Asking \$250. Phone Sandy Kirk at 250-658-1260.

Victoria Hub & Spoke

We just returned from the Hub & Spoke in Victoria and wanted to say "Thank you" to the members in Victoria.

This was our first trip. It started with a great picnic. The next day we took the City Tour with Bill Hook, very informative. The following day it was off to Metchosin with Dave and Hanna. Even the rain in the morning did not dampen our spirits. We really enjoyed the food, the rides and the company in Victoria.

Thank you to Roberto and Sonya Bardari and everybody who volunteered and organized everything to make it such a terrific outing. We are looking forward to Comox.

Sincerely Verena & Harry Balke

Ready to Roll

Members of the CCCTS from Ottawa participated in the assembly of bicycles donated to grade six graduating students from designated schools in the Ottawa-Carleton District School Board.

Thanks to the Shenkman Family Foundation "Kids and Values in Motion" program, 700 children attending the city's Beacon Schools, schools in need of extra help or high needs schools. Twenty schools have been identified in this program in the OCDSB, 15 elementary and five secondary. The Foundation provides funds in support of youth in a healthy and active live style. All the children graduating from the elementary program are given a brand new mountain bike.

The program began last year after Harold Shenkman's son, an Ottawa resident, contacted the city, the Y and the school board, to see if they would help distribute bikes to needy kids. Four months later, 817 bikes were distributed at 15 Beacon schools.

Last year, some school staff experienced serious problems in the preparation of the bikes for delivery. The Y had promised staff assistance but this was limited to one or two persons with little if any experience at assembling new bikes right out of the box. This year the Y said that they could not guarantee volunteers and told the schools that they were on their own.

One of my neighbors, a retired school principal, came to see me in early April to see if I would help at one of her old schools. I agreed and sent an e-mail to the Ottawa CCCTS members for assistance and got immediate response from seven members for the first assembly session on May 29. More volunteered but eight was a good number for the first experience.

On Tuesday 29th of April, John Stevenson, Ray Richard, Ken Hanna, Renaud Préfontaine, James Reid, Garfield Clack, and Mike Daniels went to the R.E. Wilson Public School with their tools to assemble bikes. The school had recruited another eight or so volunteers plus some of the children from the grade six class. There were 44 bikes in boxes recently delivered by

Canadian Tire. Within two hours all the bikes were ready to roll. As can be expected from a large delivery there were some defective items. We had to cannibalize one bike for parts in order to prepare 43. We then adjusted seats and handle bars for each recipient.



L to R: John Stevenson, Ray Richard, Ken Hanna, Renaud Préfontaine, James Reid, Garfield Clack. Front Mike Daniels.

At the request of the principal, I went to the school the next day for the official presentation and opening of the program. She had asked me to bring my tools because some children were absent the previous day. I spent one hour readjusting seats and handle bars during the training session. Members of the city recreation

staff give a two hour course to the kids, they call it a bike rodeo, stressing safe riding practices. This is also part of the program.

Word of our willingness to volunteer in this program quickly spread and we were asked to participate in the assembly for two more schools. Thirty bikes were assembled on May 6 by Gerry Sutherland, Ken Hanna, Mike Daniels, Renaud Préfontaine, Ray Richard, James Reid and John Stevenson at the Cambridge St. Community P.S. and a further 20 at the Centennial School on May 20 by Ray Richard, Renaud Préfontaine and Peter Wood of the CCCTS. Peter brought three friends to assist him since he only had one working hand at the time. These friends were Penny Workman, Rick Workman and Geoff Kennedy.

Just to see the joy on the faces of some of these children when they see their new bikes is worth every minute we spent working. For many of these children, this is their first new bike as many of them are from needy families. I expect that this will become a yearly exercise for our club.

Photos taken during this project can be viewed at the web site I use to share my photos with family and friends: <http://www.picturtrail.com/renaudp>

By Renaud Préfontaine.

Ladner.

by Mary Eickhoff

Our May 20 Tuesday ride was an occasion for Al to be our host for lunch at the Boundary Bay Cafe, and present a lovely bouquet of flowers to his guest of honour, Joan Rumsey, rendering her speechless with surprise. Eva Folk spoke for all of us when she gave these words: "When Al had a serious bicycle crash and he found himself in hospital bed, he also found that Joan was there watching and attending with great care. Since then she has been by his side through treatments, surgeries and medical dates; through weeks of wheelchair riding, his restless nature ever calming. How grateful we all are to Joan, for taking good care of our dear Al."

Photo by John Drinnan: front row - Val & Jerry Brereton, David Gillanders, Alyce McKay, Al & guest of honour Joan with bouquet, Eva Folk, Katryn Jeronimus, Carl Rorison, Maureen Holloway; centre: Bill, Ron Pickerill, Eva Gerlitz, Janice Pickerill (hidden), Margaret Hunter, John Hickman; back: Mary E., Jim Jeffrey, Marten McCreedy, Dennis Gerlitz, Don Holloway, Jim Burnett, Betty Darvell-Jones, Brian Riggs, Brendan Kennelly, Owen Owens.



1983 Cross Canada.

by Dennis Scolah

My apologies for this belated reply to Eva's message. Due to being away I did not see it for almost a month. However, the Newsbrief arrived today with the stories of other fellow travellers spurred me into replying. So here goes.

Eva, Grif and Mavis have covered most of the tour, so I will concentrate on one particular day. The longest day of the whole trip. After a pleasant and relatively comfortable weekend in the Regina Senior's Centre we set off for Grenfell. But we made a diversion in our schedule for a visit to the Qu'Appelle valley where an old friend of Bert's had arranged a reception for us. We arrived at his friend's house, had a fabulous lunch and generally had a great relaxing time for about 2 hours.

The Qu'Appelle valley is a large rift in the prairie terrain and is a deep luscious valley quite unlike the rest of the prairies. We spent the rest of the afternoon on a slow climb out of this beautiful valley. Very tiring on a full stomach! Time was getting on but we eventually got out of the valley and back on the main road.

In the meantime a headwind had sprung up and we were all very tired. By about 6.30 pm we arrived at a small café cum gas bar. The staff of two wondered what hit them! 30 ravenous cyclists invading their tiny café!

By about 8 pm we arrived at the campsite, almost too tired to put up our tents. Just as we were climbing into our sleeping bags, Everett Miller came to our tent flap and said, "I hate to tell you this but a bunch of seniors are down at the local senior's centre to give us a reception". We groaned but managed to round up a half dozen people and head down town.

We saw this place with a bunch of people inside who looked as if they were playing cards. We entered and a tremendous cheer went up. Piles of sandwiches at every table; so we did the best we could and finally managed to get back to camp by about 11 pm.

My computer registered 184 km. that day, the longest we have ever done and never to be forgotten! That was the first of many trips that Freda and I have done.

The Victoria Picnic.

A big thank you to the following members who helped to make our annual May picnic a success.

Sonya & Roberto Bardati, Brenda & Art Borron, Frank Campbell, Wendy & John Campbell, Barbara Faulkner, Hana & Dave Garrick, Barbara Hetzer, Bill Hook, Les Hudgins, Sonja Joos, Glenda & Sandy Kirk, Jean MacDonald, Marg Munro, Lesley Ockermueller, Rolf Petersen, Arlene & Gerry Porter, Gerri & Gene Salamatian, Belinda Robins

Also a special thanks to Thrifty Foods for their generous donation.

Alice Campbell, Social Convenor.

Thanks to Alice Campbell and her willing able crew, for organizing a splendid picnic on Monday May 12th at the famous "wind-tunnel" location in Centennial Park, Central Saanich..

Menu: Chili with rice and garnish. Whole wheat rolls (also white), cheeses, cut meats and trimmings. Fresh veggies, fresh fruit, donuts plus juices, tea and good hot coffee.

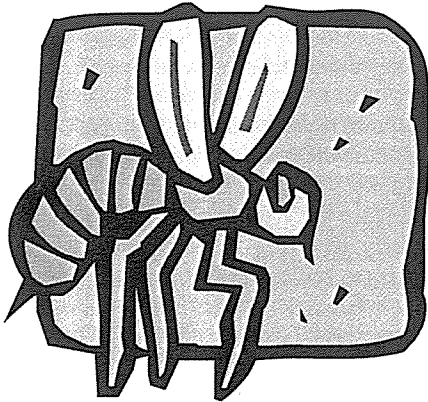
Well done Victoria crew and thanks for arranging spectacular sunshine. Alice Campbell is making an excellent contribution to the high standard of all our past social conveners.

If you were not able to attend please try to come next year.

Thank you, Connie Shaw.

Stung?

What to Do.....?



How to handle stings from bees, wasps, hornets and yellow jackets and pesky little mosquitos:

Get away. A bee's sting leaves a chemical in your skin that attracts other bees. So put distance between you and the bee's nest as quickly as possible.

Remove the stinger. Use tweezers, or if none are handy, try scraping or brushing the stinger off with a credit card or fingernail. Swab the sting site with disinfectant.

Apply relief. To reduce pain and swelling, apply ice, calamine lotion, 0.5 percent or 1 percent hydrocortisone cream, or a baking soda paste to the site. To help relieve the itch after mosquito bites carry "After Bite", which comes in a handy little pen-type dispenser and takes very little room in your first kit.

Know when to get help. Seek emergency care if you experience any breathing problems, swelling of lips or throat, faintness, confusion, rapid heartbeat or hives.

Try an antihistamine. An antihistamine can reduce the severity of milder allergy symptoms. And always carry an allergy kit containing epinephrine.

Always get emergency help, even if you've had the shots or use the kit.

CCCTS Tours.

Chilean Lake District

New Tour

Tentatively three weeks Nov-Dec 2003

Chris Hodgson 604-541-2382 E-mail cjhodgson@sprint.ca

Maximum Participants: 14

Style: hotel/cabins with support vehicle

Cost Estimate: \$2200 + \$1800 airfare; Deposit: \$100

Chile's Lake District and perhaps adjacent Argentina. A strenuous 40-60 km/day. Over half the roads will be well-packed gravel, the rest asphalt. There will be lots of ups and downs, but the Andes here are much lower than further north, with highest elevations on the passes around 1,000 - 1,500 metres. Climate for most of the trip area will be similar to Oregon central valley in May, but cooler along the international border.

Pluses: Spring in the Andes. Out of this world scenery, volcanoes, hot springs, ancient monkey puzzle forests. No bugs, no snakes or other slimy critters, no tropical diseases of any sort. Lots of warm hospitality and not a bandido in sight.

A support vehicle and bilingual driver with local knowledge and sense of humour are included. Did we mention the superb and inexpensive Chilean wines? Be prepared for a sensual and cultural tour de force.

Negatives: Fairly hilly and high percentage of gravel roads. Crazy Chilean drivers are generally not on the back roads where you're more likely to encounter oxen, sheep and farm vehicles.

This is an exploratory tour in an area where others have cycled before but not Chris, although he is very familiar with the region and is fluent in Spanish. Uncertainties include costs, road conditions, accommodation, and of course weather conditions. However, weather is usually fine this time of year and certainly better than anything Vancouver has to offer up in November.

Please contact Chris directly, so we can see in the next few months if this tour is of interest to enough members.

Biking in the fast lane!

A man decided that he was going to ride a 10-speed bike from Phoenix to Flagstaff. He got as far as Black Canyon City before the mountains became too much and he could go no farther.

So he stuck his thumb out ... and after 3 hours hadn't gotten a single person to stop. Finally, a guy in a Corvette pulled over and offered him a ride.

Of course, the bike wouldn't fit in the car. The owner of the Corvette found a piece of rope lying by the highway and tied it to his bumper. He tied the other end to the bike and told the man that if he was going too fast, to honk the horn on his bike and that he would slow down.

Everything went fine for the first 30 miles. Suddenly, another Corvette blew past them. Not to be outdone, the Corvette pulling the bike took off after the other.

A short distance down the road, the Corvettes, both going well over 120 mph, blew through a speed trap. The police officer noted the speeds from his radar gun and radioed ahead to the other officer that he had two Corvettes headed his way at over 120 mph.

He then relayed, "...and you're not going to believe this, but there's a guy on a 10 speed bike honking to pass."

CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone, fax or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Tours completed.

Year 2002	Year 2003
Hawaii 2002	Gabriola Island
Victoria Hub & Spoke	Arizona
Alberta-Smoky River	Hawaii 2003
Brentwood-Gabriola	Transamerica trail 2003 (cancelled)
Kamloops Rockies # 1& 2	New Zealand 2003
Prince Edward Island #1&2	Victoria Hub & Spoke
	Yukon Gold Trail

Victoria to Comox Valley June 13th - 16th
 Rolf Petersen 250-370-6006 E-mail: rolfs@shaw.ca
 Registration Fee: \$10 non-refundable
 Participants: No max.
 A self-supporting (no support vehicle) pay as you go, camping tour, taking you Up-Island on the scenic back roads joining the Comox Valley Hub & Spoke. (Total Distance 235 km). Mainland participants can take the 7 am ferry at Tsawwassen and join us at the Mill Bay ferry departing 11 am. Note: Tickets are available at the Pay Less gas station in Brentwood at reduced prices.
 For Itinerary see April Newsbrief.
 Participants: Elma Gavin, Bosco Chang, Jake Tremblay, Faye Wilson, Rolf Petersen, David Clark, Truus Clark, Chris Siggers, Valerie Gillespie, Gene Salamatian, Gerri Salamatian, Jan Grove, Cheryl Stefaniak, Hank Stefaniak, Carl Rorison, Gary Garrick, Hana Garrick, Rob Stewart, Lynne Stewart, Ron Pickerill, Janice Pickerill, Ken Smith, Derek Holden, Shirley Sloan, Arnold Smith, Frank Campbell, Alice Campbell, Sharlane Fossum, Ken Rogers, Hans Klein, Betty Darvell-Jones

Comox Valley Hub & Spoke June 16th to 20th
 Gladys Schmidt 250-338-8955 Dora Ellis 250-338-9751,
 Charlotte Galic 250-334-4288 Irja Svensson 250-338-1265
 Registration Fee: \$12 (dinner + maps)
 Other cost: pay as you go
 No limit on numbers, everyone welcome
 Style: Tent, RV or Motel
 Itinerary: See January Newsbrief
 Accommodation List: See March Newsbrief.
 Participants: Gladys Schmidt, Dora Ellis, Sandy Kirk, Glenda Kirk, Sonia Ward, Frank Ward, Sharon Warren, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman, Chris Siggers, Bryan Riggs, Margaret Fyfe, Ray Wright, Lauren Wright, Elma Gavin, Bosco Chang, Margot Paravan, Ivan Paravan, Arno Seidelmann, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Faye Wilson, Barton Howes, Dan McGuire, June Gallagher, Peter denBoer, Jo Hamilton, John Peck, Katryn Jeronimus, David Clark, Truus Clark, Valerie Gillespie, Shirley Sloan, Edward Weinstein, Jackie Weinstein, Glen Smith, Jean Smith, Martine Donahue, Gene Salamatian, Gerri Salamatian, Sonja Joos, Barbara Hetzer, Roger Ehret, Marilyn Nelson-Ehret, Shirley Fisher, Noreen Timms, Bruce McLean, Nan Bryant, Jan Grove, Dorothy Kennedy, Hank Stefaniak, Cheryl Stefaniak, Jim Grayson, Ute Grayson, Carl Rorison, Ron Pickerill, Janice Pickerill, Paul Ross, Anna Markus, David Brooks, Hans Klein, Ken Rogers, Gary Garrick, Hana Garrick, Keith Davey, Des Horan, Fritz Niebisch, Myron Kowalyk, Ellen Kowalyk, Art Borron, Brenda Borron, Rob Stewart, Lynne Stewart, Rolf Petersen, Ronald Eade, Mary Eade, Don Stenton, Erica Dhillon, Joan Engman, Harry Balke, Verena Balke, James Wolff, Marg Howard, Dennis Howard, John Turner, Diana Rogers, Joyce Mackenzie, Ian Mackenzie, George Brandsma, Roger Parker, Corry Koster, Mary Brandsma, Marilyn McSporrان, Emmy Matte, Jim Burnett, Bill Fairbank, Gerald Porter, Arlene Porter, Margaret Munro, Jim Jeffrey, Shirley Mae Jeffrey, Jack Nellist, Guenther Wellmann, Alida Wellmann, Hans Beyer, Roger Parker, Corry Koster, Marilyn McSporrان, Emmy Matte, Jim Burnett, Bill Fairbank, Gerald Porter, Arlene Porter, Margaret Munro, Frank Campbell, Alice Campbell, John Edmunds, Lisa Edmunds, Marilyn Kan, Jantien Golsteyn, Ted Golsteyn, John Hardy, John Cuthbertson, Barbara Faulkner, Bill Hook, Betty Darvell-Jones, Cam Varcoe, Bruce Ross, Elly Brok, Fern Sule, Joan Holden, Connie Currie, Bob Currie.

Quadra and Cortes Islands

June 20th -25th

Gladys Schmidt 250-338-8955 Sylvia Mather 604-921-9661

Wendy Pearson 604-926-6508

Registration Fee: \$12 (first night camp + maps)

Other cost: pay as you go

Maximum number: 35 tents

Style: camping or lodge, carry gear on bike

On Friday June 20th, we will cycle from Courtenay to Saratoga Beach campsite. There is no need to reserve here. You will need to make other arrangements if you are not planning to go on this ride. We will meet at the Campbell River ferry terminal for the 9:30 ferry.

Accommodation List: See March Newsbrief

Participants: Gladys Schmidt, Joan Engman, Sandy Kirk, Glenda Kirk, Frank Ward, Sonia Ward, Robin Howe, Bruno Freigang, Cathie Freigang, Sharon Warren, Jan Johnson, Sabine Hansel, Beverly Wagner, Ray Wright, Lauren Wright, Elma Gavin, Bosco Chang, Roberto Bardati, Sonya Bardati, Les Hudgins, Jake Tremblay, Peter denBoer, Jo Hamilton, David Clark, Truus Clark, Valerie Gillespie, Chris Siggers, Edward Weinstein, Jackie Weinstein, Bruce Ross, Roger Ehret, Marilyn Nelson-Ehret, Ness McCulley, Brendan Kennelly, Dennis Howard, Marg Howard, Daniel Carey, Jan Grove, Jean Richards-Carter, Jim Grayson, Ute Grayson, Carl Rorison, Wendy Pearson, Sylvia Mather, Jean MacDonald, Keith Davey, Joyce Mackenzie, Ian Mackenzie

Brentwood Bay - Gabriola Circuit July 7th - 11th

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-Contained tour. Pay-as-you-go except for the first night camping fee. For complete itinerary see January Newsbrief

Participants: Art Borron, Jan Grove, Brenda Borron, Mike & Nille Fibiger-Crossman

San Juan Islands Tour. July 6th to 17th

David Brown 360-678-0898 dfbrown@whidbey.net

Cost Estimate: \$350; Deposit: \$50

Balance due (\$300) by June 15th

Maximum Participants: 28

Style: camping with truck to carry equipment and person belongings; cooking teams will be announced on the first day.

If anyone would like to register but would like to drive the support truck and do shopping on the seven moving days, instead of cycling, please contact the coordinator.

July 6 -10:00 to Noon - Load equipment and luggage on truck at office.

Out of town cyclists may camp at site in South Surrey

July 7 - Truck stops for luggage pickup (as necessary): Oak

Ridge, Tsawwassen ferry, South Surrey; cycle to Larrabee State Park on Chuckanut Dr. - 68 km from South Surrey

July 8 - To Deception Pass State Park - 54 km

July 9 - At Deception Pass, swim, hike or visit La Conner, Anacortes, Oak Harbor or Coupeville - distances vary

July 10 - To Anacortes Ferry-Friday Harbor (Lakedale) 24 km

July 11 - On San Juan Island, visit Friday Harbor, Roche Harbor, other historic sites - distance varies

July 12 - To Moran State Park, Orcas Island - 31 km

July 13 - on Orcas Island; visit Eastsound, Rosario Resort, Doe Bay or Mt. Constitution - distance varies

July 14 - To Lopez Island, (perhaps via Shaw Island) Spencer Spit State Park - 29 km

July 15 - on Lopez Island, cycle quiet roads on the island

July 16 - Ferry to Anacortes, cycle to Larrabee State Park-40 km

July 17 - Return to Canada, South Surrey - 68 km

(Note: please advise if you would like to camp in South Surrey on July 6th or 17th and/or leave a vehicle there) **Don't forget Passports.**

Participants: David Brown, Virginia Brown, John Peck, Dorothy Glover, Emmy Matte, Tamas Sandor, Wendy Sandor, Josie Zewiec, Caroline Jones, Charlotte Galik, Bob Cochran, Karen Cochran, Christina Radnai, Fritz Niebisch, John Turner, Mary Eickhoff, Betty Darvell-Jones

Around the Vancouver Area in Five Easy Days!

August 7th to 11th, 2003

Allan Buim 604-875-6335 or E-mail abuim@oanet.com

Cost: \$10 for registration to cover incidental costs, but other costs are "pay as you go".

Members residing in the area or outside PLEASE REGISTER so the routes can be "tailored" to meet the numbers participating.

THANKS!!

Although some members reside in the area, they'll be camping in Richmond for the five days, so consider joining them. And plan to join the HAPPY HOUR at the campground around 5 p.m. every afternoon. For details on accommodations please see the May newsletter; but here are the names and tel. nos. for the sites:

Richmond R.V. Park and Campground 604-270-7878, Fax 604-244-9713 or e-mail: richmond@aol.com

Accent Inns - airport 1-800-663-0298 (Group#2440, CCCTS)

UBC Housing 604-822-1000, Ext. #3 Youth Hostel, Jericho Beach 604-224-3208.

The tours will start at the Oakridge Shopping Centre at 10:00 a.m. Ample parking in the area. (But minor changes in time and location may occur.)

Thurs.:Mt. Seymour Demonstration Forest OR New Westminster - historic Queens Park and the Quay OR Vancouver -Southlands, the beaches, Stanley Park, Granville Is. etc. (continued page 8)

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male [] Female []

Address: _____
Street City Province Postal Code: _____

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: _____

(Vancouver continued)

Fri. Belcara Park on Burrard Inlet via Port Moody OR Burnaby's lakes and points of interest Sat. Horseshoe Bay, Whytecliff, (Bowen Is.? OR Delta - Centennial Beach, Boundary Bay OR The two universities tour - UBC/SFU. Sun. Deep Cove on the northshore of Burrard Inlet (via the seabus) OR Vancouver's neighbourhoods and the waterfront OR South Surrey/NW Washington

Mon. Richmond - Iona Is., Steveston, Finn Slough etc OR A repeat of one or more of the other tours you may have wanted. Wind-up gathering - late lunch OR?

Participants: Allan Buium, Dan McGuire, June Gallagher, Loretta Goetsch, Marilyn Kan, Barbara Faulkner, Bill Hook, Carl Rorison, Mary Eickhoff, Marjorie Murphy, Sandra Larson

Across Canada - Shore to Shore in 2004 Summer of 2004

Interim Coordinator - Dan McGuire

604-942-3235 danmcgu@telus.net.

Maximum Participants: 28

Deposit: \$50; For total cost see options below.

Style: camping with truck for equipment and personal belongings, with three alternatives:

1. The typical club organized camping tour, organized by the participants, using club equipment, a support vehicle, with participants cooking and helping in camp, costing about \$3000;
2. Similar to the above but with a commercial tour operator doing all the route planning, organizing, food shopping, and driving the support vehicle, costing about \$3600;
3. A commercial tour operator providing more staff to look after cooking meals, leaving the participants free to cycle each day, all participants to help in camp, costing about \$4100.

These costs would include food, campgrounds, and a support vehicle to carry equipment and personal belongings, and depend on the number of participants. The tour would take about 80 days, or more, depending on choice of tour style, route, and daily distances.

Please let us know your order of preference of tour style, for example 2-3-1, let us know if you'd like to volunteer for any specific function, and send any other suggestions or comments

Note: For options #2 and #3 need a lot of lead-time for planning and arranging. We hope that an adequate number will sign up by the end of August, otherwise these options, and possibly this tour, may be in jeopardy.

Participants: Glen Smith, Roy Goodchild, Helen Goodchild, Brendan Kennelly, Richard Mathias, Barbara Mathias, Ken Smith, Susan Walker Susan Walker

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston. Contact: Bob Douglas 604-435-3893

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

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

VANCOUVER ISLAND

Victoria:

Sundays 9:00 a.m. at McDonald's, corner of Oak & Saanich Rd.

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

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

Birthday Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

Nanose/Parksville.

Thursdays 10:00 a.m. at Nanosee Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

Comox Valley. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

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.



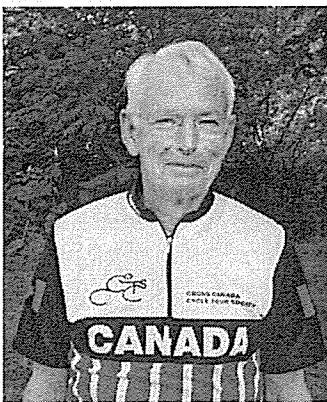
August 2003 Volume 20 Issue # 7

The Cross Canada Cycle Tour Society

President's report.

David Clark

By the time this Newsbrief reaches you we will have completed all but one of the scheduled tours for 2003. The feedback has been great on the most recent tours of Victoria-Comox, Comox Hub and Spoke Quadra and Cortes, Brentwood-Gabriola and San Juan Islands and we hope that the forty-five who signed up for Allan Buium's Vancouver Hub and Spoke will have had a good time as well.



We have been blessed with great participation on our Hub and Spoke tours and I want to recognize Allan Buium for giving us a brand new one for Vancouver. This type of tour is here to stay. At the same time our more traditional tours which involve moving from place to place provide a different experience, often more adventurous and most often more arduous. I remember with fondness everyone I have done, even the Ted Stubbs trip we had to abort because of awful weather on the way to the Rockies from Edmonton. We need to have new co-ordinators for future trips or they may not happen. Two immediate openings are for our annual Arizona and Hawaii trips. If you feel that you ought to volunteer to keep this volunteer organization going please talk to one of the directors at the next opportunity.

Speaking of volunteers our AGM will be coming up soon and the need for new directors will be very apparent for the coming year. Please, if you love this club and you think that you can make time for one meeting most months, then let your interest be known to one of the directors.

Shirley Fisher did it again. With her many volunteers she put on a great picnic at the Deas Island Regional Park. The weather was pleasantly on the cool side and the crowd of 105 was way beyond anyone's expectations. There wasn't a scrap of food left to donate to the Hub and Spoke's ongoing activities. Thank you Shirley.

This column will be vacant in the September issue as Truus and I will be away in Europe visiting family and cycling in France. We hope that you will continue to enjoy a great summer and look forward to seeing you at the AGM..

Brentwood Bay - Gabriola Circuit.

It was simple enough.

They provided a template.....Ferry to Mill Bay, cycle to Osbourne Bay campsite where the owner never knows what to charge. Then next day through Chemainus to the Crow and Gate Pub for lunch and on to Living Forest Campsite.

Here we find Unisex toilets where one can privately lock the door, wash one's hands and use paper towels. Unfortunately, no hot water nor mirror yet.

Next day, at 9:30 ferry to Gabriola Island and return to Campsite, and after overnighting, return home

Here, though, are the variations on the theme

Some of us arrived there by vehicle, certainly Bisco the dog. I had intended riding over Saltspring Island but was enjoying a bout of gout. Fortunately, Catherine, who was suffering the visitor syndrome which is prevalent in Victoria at this time of year, couldn't leave 'til 12:30 and would drive me up there.

Jeannine and Charlie joined us for breakfast and then by hook or by crook (read bicycle or vehicle) we reached the Crow and Gate for lunch and then on to Nanaimo to have Sally, Diana and the Kirks, who did such a marvellous recovery job for Jan in Comox, join us. We were all at the ferry dock with now the inclusion of Chris and Peter, and many of them circled the island. The rest of us managed to contact Emm and had an excellent French restaurant lunch.

Al Lifton was to join us with a slightly refigured face (he challenged a speed bump at high speed) but I couldn't wait to get home to water the garden. Sorry Al.

Dennis Parsons

Ottawa News....

Hi Ness, Hope this finds you well & enjoying good summer weather with lots of good cycling to boot.

Gerry Sutherland long time member of the CCCTS suffered a heart attack while on tour with us. He recieved very speedy attention & last Friday July 4th had a double bypass. We have since heard he is doing well & all being favourable should be home at the end of this week. I understand he is known by quite a few folks on the west coast who probably would like to wish him well. Thanks to you Ness if you could get this message out as I know there is no news letter at this time. Jenny

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

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
E-mail: rolfs@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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WEB-Site: www.vcn.bc.ca/cccts/

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Barton Howes
250 378 0927 Bartonfaye@aol.com

CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

August

6th CCCTS Annual Picnic & Swap Meet. (Deas Island)
7th -11th Around Vancouver Area in five Easy Days.

September

Directors meeting cancelled.

October

November

25th Annual Banquet & Dance
26th Annual General Meeting.
Chilean Lake District Tour...

December

10th Victoria Christmas

New Members

Acosta, Ed & Mary 360-945-2820
1614 Edwards Dr, Point Roberts, WA, USA 98281
Allan, Jim 403-254-8388
71 Evergreen Trc, SW, Calgary, AB T2Y 2V9
Balsler, Terry 760-809-1392
2957 Vista Del Rio, Fallbrook, CA, USA 92028
Barrie, Stella 250-338-1910
1289 Williams Road, Courtenay, BC V9N 7A4
Franksen, Ralph & Margaret 604-594-4572
8095 Wiltshire Blvd, Delta, BC V4C 4B5
Hackett, John 250-339-5016
375 Curtis Rd., Comox, BC V9M 3W
Larson, Sandra 250-746-7333
7041 Bell McKinnon Rd., Duncan, BC V9L 6B5
Michel, Liz 613-823-6594
24 Roblyn Way, Ottawa, ON K2G 5Z4
O'Higgins, Eric & Nancy 250-333-8750
Scottie Bay Rd., Lasqueti Is., BC V0R 2J0

Stung?

"Referring to your latest newsletter June/July 2003, I noted an article, "Stung? What to Do...?" While the article is well written and most of the information correct, one thing you absolutely DO NOT DO is remove a bee sting with Tweezers. The reason for this is that a bee's stinger is a hollow barbed lancet to which is attached a venom sac. Even though the stinger and venom sac are left behind (no pun intended), by the bee, the sac is surrounded by a muscle that keeps pumping venom for quite a while. Squeezing the stinger and attached venom sac with tweezers will only ensure a larger dose of venom is given to the cyclist. The best thing to do is try to observe which angle the stinger has entered your skin. Scrape the skin at that angle to remove the stinger with anything available as suggested - credit card, fingernail, dull knife, but not anything that will squeeze the stinger.

Having kept bees for many years I've survived hundreds of stings. Unfortunately every bee that stings dies, while the more aggressive wasp lives and keeps their stinger available to strike again.

Good Cycling, Al Westnedge.

Yukon bike trip-2003

There was ice in our water bottles the first night in Whitehorse-minus six the night before! The pussy willows were just out and leafless bushes pushed up through snow patches. The lakes were still frozen on the Stewart-Cassiar and snow showers followed us up the road. The mountains were spectacular in their winter coats but it was cold. By the time we left Whitehorse, May 18th we knew how many sweaters and longjohns it would take to get through the night inside our sleeping bags. We started off towards Haines Junction and said a regretful goodbye to Ted, who had to return to Vancouver for hospital tests.

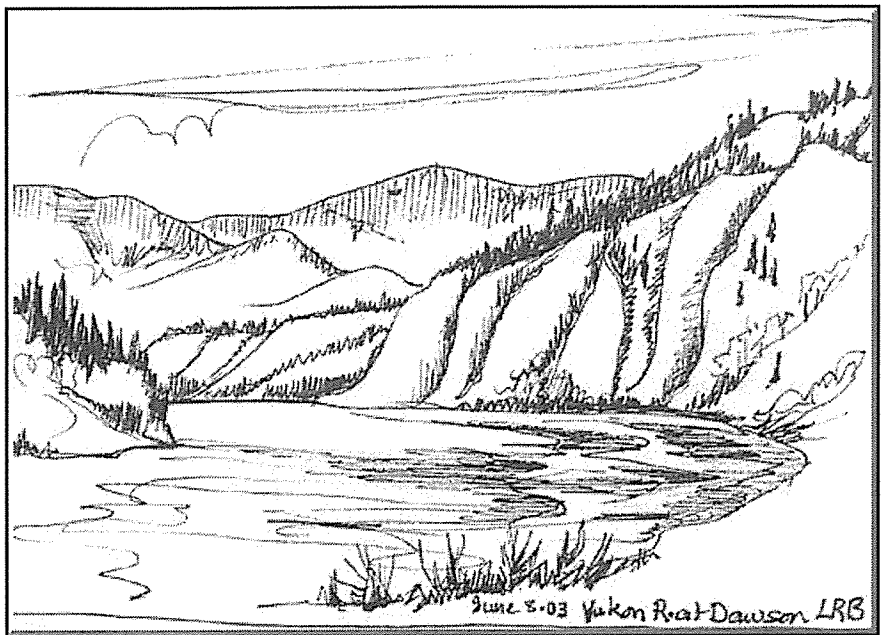
Poor Ted after all that work, missed our wonderful trip!

Our first night was a wild camp accompanied by the strange call of ptarmigan and the thumping of spruce grouse. The next day we saw the magnificent wall of the St. Elias Mountains in the distance, and marveled at the beautiful scenery-the aspens just starting to show fresh young green, the swamps still in the muted rusts of winter, and always the shining snow and far blue of mountains. The St. Elias range came right up close at Haines Junction and accompanied us all the way to Haines making the headwinds much easier to bear. Speaking of bears, we all passed huge bears but our fears were unfounded; they all ran away.

As we approached the pass down to Haines the land became desolate and covered with snow and melt-water. We camped beyond the "green shed" in a rocky wasteland by the road in a rainstorm. But after dinner a huge snowy peak emerged and the ptarmigans, in half white plumage, scolded us from every pile of rocks. The next day we whizzed down the hill and were caught in a downpour in the eagle reserve. Twenty-three drowned rats pulled into Haines and headed for the nearest hostel and hot showers.

The next day, after raiding the rummage sale and the art gallery, we took the ferry to Skagway. The lush vegetation of coastal Alaska was a welcome change from the wintry pass and most of us did short hikes in the mountains behind Skagway. More hostels and more rain. Thankfully, I had to cook on the day of the big hill out of Skagway so I rode in the truck, but the stalwarts made it up to the coffee break in an hour and a half. Then we had another snowy white pass and beautiful ice-covered lakes at Fraser where we reentered Canada. Then it was onward to a wild camp where the hostel people caught up to us with our forgotten baggage! They went out of their way to be helpful on many occasions.

Next was Carcross at the windy head of Lake Bennett. A row of historic cabins ended at a sandy beach with a stunning view to the south. Tail winds helped us on to Whitehorse again where we prepared for the second leg to Dawson with showers and laundry. The second leg of the trip started with glorious tailwinds and beautiful government campsites on Fox and Twin Lakes. The



warmer weather brought out lupines and vetches by the roadside and Labrador tea and wild roses near Dawson. The scenery became flatter and more of the same but the wild camps were quiet and all-night birdsong in the bright nights. It was only really hard to see between 12 and 2 AM.

The keeners were chafing at the short days but the more relaxed set enjoyed the lazy afternoons on sandbars reading books, visiting the many government interpretive centers, and exploring the local area. Pelly River camp was sunny with the wind shaking the aspens.

We arrived in Dawson after a hard day of gravel and headwinds. But the rain waited until our tents were up. And we experienced Dawson's mud. The unpaved streets are very authentic! There are lots of things to see and do in Dawson: museums, town tours, and Indian interpretation. Also there is the beautiful river-bend scenery, wild flowers, rock piles from mine tailings, and tailing ponds on the way to town.

Special thanks to all the men who did the baggage lifting in the truck, to the cheery Ontarians, to Mike who fixed the bikes, to Monte and Tom who made sure the laggards didn't fall off the end (me), and to all the cook teams (Michael's cake and Helen's trifle!), and to Ted for the great new oven and for the careful planning that made the trip such a success.

P.S. I was so spaced out after the trip I called BCAA to find out why my car wouldn't start, completely forgetting the recently installed anti-theft device !

There will be a slide show at my house on Wednesday, 27th August, with dessert at 7:30, for any Yukon trip members who are in town. My address is: 3685 W. 15th Ave. Vancouver. Phone 604-224-1098 e-mail old.bear1@shaw.ca Please notify me if you plan to come and please bring your photos or slides if you have any.

Lesley Bohm

Memory links from the San Juan Islands 2003 chain gang!

I'm a free spirit and its bloody marvellous after the wholesome, healthy, comradie tour on my bicycle of the "san wham" islands.

One of my favourite days was spent on Lopez island. Each day was a memory and led by our "hosts with the most" david and virginia brown. On their reccomendations of sights, hikes and bikes, we saw much of summits, historicals, also locals in both cases, that is people and pubs! Our party of 17 was a perfect match, you'd think each cooking team was put together by a "dateline"... a fabulous trip with d and v's continual attendance. Weather was stupendous with " weathermand monty" reporting, just one day rain.

Betty Darvell-Jones.



San Juan Island - Search for the McMillan family mausoleum at Roche Harbor - Union Jack waving proudly from the flagstaff at historical British Camp o'er formal maze garden - express service at Friday Harbor bike shop ...

Orcas Island - Cycling to the Top, Mt. Constitution ...

Lopez Island - finally getting a shampoo at a DELUXE black hose outdoor shower ...

11 days of great company, gourmet meals, memorable sunsets, perfect cycling weather!"

Many thanks to David and Virginia for their hours of planning and 'hands on' efforts!

Mary Eickhoff

On Lopez Island discovered 'Iceberg State Park' which is only accessible via a private road at the end of Agate Beach State Park.

Had lunch on a bluff near marker #7 which delineates the zig-zagging of the 49th parallel between US and Canadian waters / islands.

Dorothy Glover.

The "5 islands in 10 days" San Juan tour can only be described as superlative. For me, the highlights were:

Greatest Challenge: biking up Mt. Constitution, Orcas Island.

Best Meal: Difficult to choose between so many culinary delights, but Big John's Grouse Mt. chicken, bangers and mash and Betty's trifle were standouts.

Greatest Mystery: Where was that mausoleum at Roche Harbour, anyhow?

Best Running Joke: who stole Betty's knickers?

Best Deal: a toss up between free buses on Whidbey Is. and coffee by donation at the Sisters of Mercy general store, Shaw Island.

Most Enjoyable Single Day's Ride: 50 km circle tour of Lopez Island with Mary and Monty.

Best Single Line: "Niagara Falls, the bride's second biggest disappointment" (with a nod to Oscar Wilde)

Most Comical Moment: Charlotte describing her unique, soon-to-be-patented, two-handed system of changing gears.

Many thanks to Dave and Virginia for a very memorable adventure!"

Chris Hodgson

High points of San Juan trip:

The view at the top of Constitution Mountain was magnificent. Most impressive was the wonderful spirit of cooperation and mutual support demonstrated by the participants of the tour."

Ron Horn.

Caaaroliine's Confession (read American drawl): Cruising down from Mt. Constitution and entering East Sound, not so sweet. Caroline kind of stopped, then coasted thru' STOP sign. Flashing lights! She pulled over. Threatened with fine unless she confessed to running the Stop sign.

Later the policeman saw me talking to some of group. He called from his window "Caaaroliine, heelp us aouut, tell your friends to stop at the stop signs."

Caroline Jones

Memory links continued page 6

Seattle to Vancouver

Seven Rivers; Snoqualmie, Stillaguamish, Skagit, Samish,ooksack, Fraser River and Pitt River.

Places; Clearview, Snohomish, Arlington, Lake Stevens, Bryant, Lake McMurray, Mount Baker, Mount Vernon, Chuckanut Drive, Bellingham, Alder Grove, Lynden, Fort Langly, Port Coquitlam, Coquitlam, Port Moody

The usual way between the spectacular coastal cities of Seattle and Vancouver is Interstate 5 and Highway 99, with a compulsory and protracted delay at the border.

For about twenty dollars the Amtrak train service will deposit cyclist and luggage at either city. Another fun routing is via Washington State Ferries, and BC Ferries.

We were cycling to Vancouver, Canada via scenic back roads for a distance of 293km or 182 miles. This would entail an overnight stop in Bellingham and the crossing of seven rivers.

The we, being about 860 colourfully dressed cyclists all part of the annual RSVP. Ride from Seattle to Vancouver, BC and Party, organised by the Cascade Bicycle Club. 43km into the ride we stopped in Clearview where the general store owner after prompting admitted, "President Hoover was in office when I was born". Before the Stillaguamish River a pink mission building at the edge of town prompted a "Remember the Alamo" shout from an Everett lad. Did the missions get this far North?

By now we all agreed with a lady from Spokane, who said bicycle seats are built for colourfully dressed cyclists and not for comfort. We spied Mount Baker in the distance. Well, everyone said it was Mount Baker and Grouse Mountain is "So far Away." Mount Vernon was the official food rest stop and looked like the hospital scene from 'Gone with the Wind' with bodies stretched out on every bit of grass surrounding the community centre.

Even serious pace lined cyclists paused at lookout points along the infamous Chuckanut Drive, and marvelled at the views, feeling sorry for automobiles on the Interstate 5. From Samish Bay I saw the San Juan Islands and thought of the ferry arriving at Friday Harbour The day's last 12km became a race with two tandems. We learnt; it was first major outing for one of these \$10,000 tandems ridden by a colourfully dressed honeymoon couple.

For dwellers in Canada, Bellingham is the first real town across the border. It has a population of 53000 souls and is famous for shopping, lakes and pizza after skiing Mount Baker. It is also the terminus of the Alaska Marine Highway.

Staying in a hotel full of cyclists is identical to staying at your brother in laws condo in Mont Tremblant. Total silence from 10:30pm until about 5: 15am. Then the sounds of, running water, heavy feet, and doors closing. My fellow breakfasters proclaimed that today's ride would be cooler but had heard of calls for Canadian rain. The hotel lobby had 'USA Today' with its

A tale of two cities, and two wheels. By John Joyce

obligatory football headlines and pictures of President Hillary. No Vancouver newspapers for sale! Dutch names abound together with small windmills around Lynden. How do you like the name of Double Ditch Road? Perfect place to make a IMAX movie of two pace lines overtaking. I tried to tell my fellow riders but maybe it was not the appropriate time and place for such discussions.

Crossing an international border by bicycle is a delight. It is quick and you sense you are providing a light intermission to the custom officers who are never quite sure which questions, if any to ask a colourfully dressed cyclist.

The accent, newspapers, world outlook, mailboxes, license plates and the price of a short coffee changed. Even the roadside flowers appeared suspect. Cycling has hidden perils such as railway tracks and dogs but it does allow time for reflection and conjuring up appropriate musical interludes. "If there 's a bustle in your hedgerow, don't be alarmed now, it's just a spring clean for the May queen" Stairway to Heaven, Morning has Broken, Here comes the Sun and for late afternoon of course Baba O'Riley. My posh friends would claim to hum Delius, Elgar and Copland but I have seen cassettes of Stones Greatest Hits and early Fleetwood Mac in their cars.

We crossed the mighty Fraser River via the small Albion Ferry. The scene of a never ending line up of cyclists waiting on the wooden causeway provided a wonderful photo opportunity, reminiscent of the famous Chilkoot Trail gold rush picture. The Barnet Highway was a long steep unprotected piece of highway that afforded no shade or comfort to horse, cyclist or crow. Wicked elves placed sharp objects on the roadside to cause the maximum number of punctures per metre. Burrard Inlet stretched below with the Second Narrows Bridge in the distance. An inter denominational convenience store fortuitously constructed at the apex permitted private and public thanks to be offered in air-conditioned surroundings.

The Grouse Grind, time to Whistler by car, the Sun Fun Run were covered in my instant Vancouver for Americans course, rapidly delivered at, stop lights and more haltingly when hill climbing. As we sighted BC Place most of my students can order a Granville Island beer or a glass of Sawmill Creek Chardonnay and know about the free suspension bridge in Lynn Valley. I could see they were still not comfortable with flashing intersection lights and how to litigate in Canada.

False Creek, Science World and "Does your mother remember Expo 86?" Yes we were in Vancouver! "On your left" English Bay with a smattering of Stanley Park plus tennis courts and then busy Robson Street. A tandem from Everett prompted a final chase up Alberni and Jervis Streets. Finishing with Pomp and Circumstance at an awfully expensive hotel with 294.66km and many colourfully dressed cyclists.

More Information: Amtrak train service (800 872 7245)

ALLADNER BIG BIRTHDAY DINNER

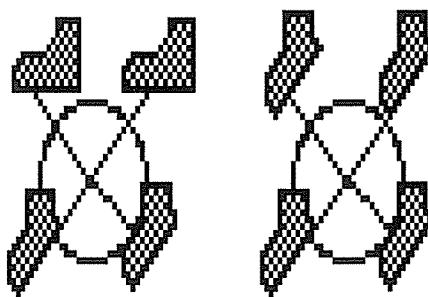
Tuesday, July 8th.

Thirty-eight members of the Ladner group gathered at Ricky's this evening for the July monthly dinner. We had five birthdays to celebrate- Anne-Marie Labourdette, Joan Rumsey, Fritz Niebisch, Shirley Fisher, and Al Hollinger. Al Hollinger has now hit a milestone this year adding a big "Zero" to his age. But because Al is a very special guy and also a tremendous asset to the Tuesday-Thursday group, not only as an enthusiastic contact person for our weekly rides but he also is, just to mention a few, our stimulus and motivator for the Christmas and Halloween parties, special spring cycle rallies, monthly dinners, bicycle maintenance courses, and all round generous "fix-it" handy-man. So because of our esteem for Al, the members wanted to make this dinner night a little more special for him.

To begin with, Shirley and Dorothy hung balloons from the ceiling of Ricky's restaurant and covered the walls with photos of past birthday parties to create a festive mood. Then after dinner, Harry Seddon, an extremely talented member of a local theatrical group, gave a British Musical Comedy monologue routine in the style of Stanley Holloway entitled, "Albert and the Lion". It was funny, entertaining, and well received. Our own Eva Folk then put together a little bit of comic pleasantries by lip-syncing along with The Rankin Family's rendition of "Tell My Ma", accompanied her singing with some intricate dancing. Her performance was most delightful. It turned out to be a lively and entertaining evening. It goes without saying that the members greatly appreciated the generous contributions from our stalwarts, Shirley and Dorothy, and from Harry and Eva for adding to this evening's merriment and feelings of good will. Al must have certainly enjoyed his Birthday party. *Marten McCready*

How do we pedal

We ride our bicycles by pushing on the pedals somehow. When I watch myself, or my colleagues I see an easy style, as shown on



the left. At the top the foot is flat, and towards the bottom the ankle bends with the toes down. I often wondered whether this is the best way, so I tried something different.

Instead I put my foot into the ballerina position, toes pointing down, and maintained that position, with no bending of the ankle. I was surprised to discover that in this way there is more power. It is true that in this position the knee is a little higher at the top of the stroke. Could this be why I make better progress this way?

You try it, and tell me whether you have the same experience.

John Peck

(*Memory links from page 4*)

The San Juan Islands, although all of them are beautiful, each one is so unique in its own way, and what a pleasure to explore them! I think my favorite island was pastoral Lopez with its peaceful farms and gentle sloping meadows (no big hills to battle!). What are my keenest memories?

To mind comes going for an after dinner stroll with biking buddies, walking along the beach of Spencer Spit, settling on a log to watch the rays of the evening sun cast a golden glow over the islands around us and on the moored boats gently rocking on the placid waters.

Total tranquility!"

Emmy Matte.

Best part: cycling Lopez - laid back, friendly. New friends, re-establishing old connections." *Tom & Wendy Sandor.*

The whole 350k that we covered from the Peace Arch RV park and back, was a really well organized and extremely interesting journey, in more ways than one, thanks to David and Virginia, for all the maps and information, also for guiding us safely all the way ... all their efforts were very much appreciated; the culinary delights produced by the kitchen teams, was quite amazing.

Once again, Three Cheers for the Cooks! the appetites of the riders particularly the morning I scrambled three dozen eggs for breakfast, and could have done four; the team efforts in raising the shelter, at first an hour's puzzle, towards the end a ten minute routine exercise, all together added up to people having a great time, doing something completely different from the general routine of everyday living, this was for me a very memorable holiday." *John Turner.*

My most memorable experience of the tour was the day we cycled up from East Sound on Orcas Island to Mountain Lake Campground. It began to rain by the time we took the turnoff from the main road to Mountain Lake. After some time climbing on the paved road, I followed John Peck onto a service road, which soon became a trail, getting wetter all the time and loaded with pine needles. It wasn't long before the pine needles, combined with mud from the trail, packed up under my fender, jamming the wheel so it couldn't turn. After a walk of about 2 miles through mud and needles we ended back on the paved road and made our way safely to camp. *Josie Zewiec.*

(*Editor: Thanks to Mary Eickhoff for collecting Memory links.*)

Cycling in Britain.

<http://www.visitbritain.com/activities/cycling/>

Here's a web site of interest to cyclists who might be thinking of touring in Britain.

It's from the British Tourist Authority and includes an interactive map, suggested itineraries with sights of interest along the way, tips on getting your bike to Britain and other cycle related links

CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Chile and Argentina Nov. 17th to Dec. 8th (21 days)
Chris Hodgson (604) 541-2382 chodgson@telus.net

Cost Estimate: Cdn \$2,200 (plus Cdn \$1,800 airfare); Deposit \$100 (covers all accommodation, meals, ferries, sag support).

Balance Due (Cdn \$2,100) by Sept. 1.

Maximum Participants: 14 (fully booked)

Style: An exploratory tour through the lake districts of both Chile and Argentina. Accommodation will be in rural inns, tourist resorts, cabins. Sag support will consist of an 11-passenger van with racks, driven by a congenial and professional Chileno driver. Breakfast and evening meals will be in part at inns/restaurants and in part cooked by the group.

Itinerary: Fly to Santiago, Chile with transfer to Temuco, 670 kms further south. The trip starts at Umbrellas (Conguillio) National Park near Temuco, travelling south through Pucon, Villarrica National Park and Panguipulli, and entering Argentina at San Martin de Los Andes. We continue south through two huge Argentinean national parks to the resort town of Bariloche and re-enter Chile via Lake Todos Los Santos and Chilean National Park Perez Rosales. We then travel counterclockwise around Chile's largest and most spectacular lake, Llanquihue, to end up at the port city of Puerto Montt. If time permits, we'll do an interesting side trip along the coast from Puerto Montt to Calbuco or Alerce National Park. Return flight Puerto Montt-Santiago-Vancouver.

Total cycling distance is about 900 km, averaging about 50 km per day (maximum 80 km). Itinerary has flexibility if weather, road conditions or aching quads slow us down.

The route will take us through some of the most scenic parts of Chile and Argentina and expose us to a variety of cultures: native Mapuches, Chilean huasos, Argentinean gauchos, farming communities of German descent, Chilean seafarers.

Participants: Chris Hodgson, Dan McGuire, Brian Altenkirk, Jim Jeffrey, Shirley-Mae Jeffrey, Faye Wilson, Gladys Schmidt, Jim Burnett, Jean Horrocks, Marilyn Nelson-Ehret, Roger Ehret, Jim Allan, Robin Howe, Daniel Carey. An additional 9 members are wait-listed.

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: _____

Across Canada - Shore to Shore in 2004 Summer of 2004

Interim Coordinator - Dan McGuire

604-942-3235

danmcgu@telus.net

Maximum Participants: 28

Deposit: \$50; For total cost see options below.

Style: camping with truck for equipment and personal belongings, with three alternatives:

1. The typical club organized camping tour, organized by the participants, using club equipment, a support vehicle, with participants cooking and helping in camp, costing about \$3000;
2. Similar to the above but with a commercial tour operator doing all the route planning, organizing, food shopping, and driving the support vehicle, costing about \$3600;
3. A commercial tour operator providing more staff to look after cooking meals, leaving the participants free to cycle each day, all participants to help in camp, costing about \$4100.

These costs would include food, campgrounds, and a support vehicle to carry equipment and personal belongings, and depend on the number of participants. The tour would take about 80 days, or more, depending on choice of tour style, route, and daily distances.

Please let us know your order of preference of tour style, for example 2-3-1, let us know if you'd like to volunteer for any specific function, and send any other suggestions or comments

Note: For options #2 and #3 need a lot of lead-time for planning and arranging. We hope that an adequate number will sign up by the end of August, otherwise these options, and possibly this tour, may be in jeopardy.

Participants: Glen Smith, Roy Goodchild, Helen Goodchild, Brendan Kennelly, Richard Mathias, Barbara Mathias, Ken Smith, Susan Walker Susan Walker

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.

Contact: Bob Douglas 604-435-3893

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

Wednesday: 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

VANCOUVER ISLAND

Victoria:

Sundays 9:00 a.m. at McDonald's, corner of Oak & Saanich Rd.

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

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

Birthdays Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

Nanosee/Parksville.

Thursdays 10:00 a.m. at Nanosee Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

Comox Valley. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

Tours completed.	Year 2003
Gabriola Island	Victoria to Comox Valley
Arizona	Comox Valley Hub & Spoke
Hawaii 2003	Quadra and Cortes Islands
Transamerica trail 2003 (cancelled)	Brentwood Bay - Gabriola Circuit
New Zealand 2003	San Juan Islands
Victoria Hub & Spoke	Around Vancouver in 5 days
Yukon Gold Trail	

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.

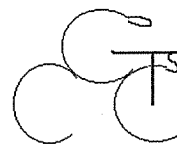
I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

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.



September 2003 Volume 20 Issue # 8

The Cross Canada Cycle Tour Society

Editor's Desk.

Rolf Petersen.

Our esteemed President and his Lady have gone to their summer residence in Europe and consequently decided not to hold a Directors meeting in September. This leaves me with the task of filling a void in the Newsbrief.



You wouldn't know it by the sunshine and warm weather we are still having, but fall is almost upon us.

That leaves us to look back on the summer that was, and all the wonderful trips and tours we went on. Some of us went on club tours and others like Carol Judd went on the self-contained Cross Canada cycle tour described in this newsletter. I will remember fondly my own adventures, cycling from Copenhagen, Denmark through the northern part of Germany down through Holland and finishing in the beautiful medieval city of Brugge in Belgium.

Some were not so lucky and had to cancel trips in the interior of British Columbia because of the huge forest fires that are still raging. Many have lost homes and property and our sympathy goes out to them.

Another sign of fall are all the CCCTS members flocking to the BC Summer Games in Chilliwack and we wish them all the best of luck and an enjoyable time.

There are more free safety cycling courses held in Victoria in the months of September and October and I hope our members will take advantage of this (see announcement for more info).

Finally; input to the Newsbrief has been very slim lately. I am always looking for items from members in regards to their personal experiences in cycling, whether it be club, personal tours or items of a technical nature. E-mail me at rolfs@shaw.ca

Remember it is your Newsbrief.

Happy and safe Cycling

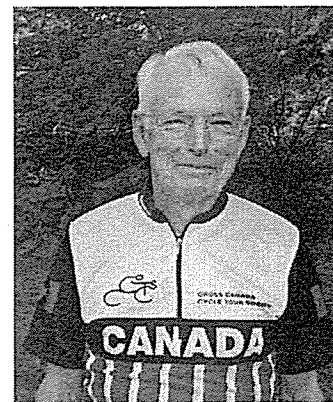
President's report.

David Clark

P

Happy Holidays.

(Why is our President smiling ?)



1-Day Victoria Cycling Courses - Free!

Saturdays in Sept & Oct

One day that will change the way you cycle and think about cycling FOR GOOD!

The experience of cycling among a sea of cars can range from frightening to feeling completely comfortable - the difference lies in the skill and confidence level of the cyclist. This 8 hour course, developed by the Bike to Work Society and sponsored by the CRD Traffic Safety Commission, combines classroom and practical on-road training. Both recreational and commuter cyclists will find it very useful and empowering !

You will learn:

- How to ride comfortably and safely in heavy traffic.
- How to manoeuvre around obstacles and make sudden stops.
- Tips for night riding and rain.
- Proper bike fit and doing your own bike safety check.
- Practical advice on equipment, clothing and route planning.

Trained cyclists:

- Ride more often.
- Make better drivers.
- Foster greater cooperation between all those sharing the road
- Set a good example for children.
- Convince decision-makers to take cycling seriously & provide better facilities.

For more information and to register, visit www.biketoworkvictoria.ca. Questions should be directed to Susanna Grimes at courses@biketoworkvictoria.ca or 920-5705.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

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
E-mail: rolfs@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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Barton Howes
250 378 0927 Bartonfaye@aol.com

CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

September

Directors meeting cancelled.

October

Directors meeting

November

25th Annual Banquet & Dance

26th Annual General Meeting.

Chilean Lake District Tour...

December

10th Victoria Christmas

New Members

Burke Elizabeth 805-649-1201
11089 Encino Dr., Oak View, CA, USA 93022.
Dahl Kim & Maria 604-583-4510
10488 Sunraise Place, North Delta, BC V4C 2M8.
Mann David 604-430-4540
4875 Clinton St, Buraby, BC V5J 2L1.
Johns David 250-658-5756
959 Carolwood Dr., Victoria, BC V8X 3T9.
Holmes Emily 250-334-2398
4402 Is. HwySouth, Courtney, BC V9N 8H9.
Burles Heather (see Sandrock)
Sandrock Gerd & Heather Burles 604-795-6332
15 - 47470 Chartwell Dr., Chilliwack, BC V2P 8A2.

Letters :

Roy Towler's death notice was in yesterdays paper. He was 84 years of age and had been a member of the club since 1984 to the present day. During that time he completed many tours starting with Across Canada in 1986 and ending with Kootney in 1996. Roy was a regular day rider in the Vancouver area.

I only knew him a couple of years, he was a real gentleman. He will be missed by his many friends in the club.

Carl Rorison.

For Jan Grove

All your friends at CCCTS wish you well and a speedy recovery.

To quote - (who-ever)" Those who fall, will heal and rise again to Bike another day !"

Editor: Jan took a fall at the Comox Hub & Spoke and is still recovering from his injuries.

Hans Beyer.

CYCLING CANADA *with Carol Judd*

On Mother's Day, May 11, my brother Dales and I began a cycling odyssey across Canada from Victoria to St. John's. We were fully self contained, including tents, sleeping bags, mattresses, stove, pots and food. I had four waterproof panniers that weighed in at 64 lbs loaded. Dales pulled a B.O.B. single-wheel trailer. His load weighed a little more than mine.

This short account cannot begin to illustrate what an exciting way it was to see the country. I will remember it for the rest of my life.

On our first day we were given a wonderful send off at Mile 0 at Beacon Hill Park, then we cycled to the ferry as a bit of a dry run. I couldn't believe I was going to have to lug all that stuff up and down hills all across the country! Would I ever make it....

The next day we crossed to Tsawwassen to find many CCTS members waiting to board the same ferry for its return trip to the Island. It was great fun to be sent on our way by so many club members and fellow cyclists.

Before I left I had replaced my stock Trek 520 front gears with mountain bike gears. This turned out to be a much needed modification. I climbed the first mountain (9 mile hill out of Hope) at 5 - 6 km/h and considered myself lucky to be moving at all. At the top of Hope pass, my legs were burning up.

The next day Hans Beyer, a CCCTS member who was driving towards the coast, spotted us struggling towards Alison Pass. It was great to see him. He had driven from Thunder Bay, probably in about the same time it had taken us to come from Victoria.

On the way up the pass it started to snow. By the time we got to the top, it was snowing pretty hard, but luckily not sticking. We persevered, but it took a lot out of me not only physically but psychologically, and I had to talk to myself. The kinds of things I said were, "This isn't a race. Moving at all is in the right direction. How long it takes means nothing."

The next morning we awoke to ice pellets encrusted on our tents and the taps at the campgrounds frozen. The ride down to Princeton after Sunday Summit was the most hair raising experience I had ever had, with panniers I wasn't yet used to, swirling winds bouncing off the rocks and valleys, trucks on one side and soft winter sand and gravel on the other. And it was bitterly cold with hail for good measure. OUCH!

Eventually our legs got used to getting up in the morning and cycling for five to six hours. Our bodies got used to falling asleep in daylight (6:30 to 8 p.m. being the norm) and waking up before 6 a.m. Almost every day we ate a second breakfast in a restaurant.



We both had bacon and eggs and hash browns. It was a ritual and it was the cheapest high calorie meal we could get. We made oatmeal at the campsite and after our restaurant breakfast had a snack or two, then bought food and cooked it for supper.

We spent 15 days crossing eight mountain passes and summits on highway 3 in B.C., crossed Alberta in less than a week, spent a little more than a week in Saskatchewan and about a week in Manitoba. Then we hit Ontario. Four weeks and many frazzled nerves later - owing to astonishingly bad roads and heavy truck traffic - we crossed over to Quebec. After cruising through the St. Lawrence delta we crossed the Notre Dame mountains to New Brunswick. We spent two days in Prince Edward Island and then headed for Cape Breton, Nova Scotia.

Before we knew it we had reached the ferry to Argentea, Newfoundland. We made the fairly uneventful 14 hour overnight crossing in one piece and then cycled the 131 km to mile 0 in St. John's in one day, ending our trip on July 31, some 7,000 km from Victoria. We had cycled a total of 71 days.

Throughout the trip we experienced varied weather, with thunderstorms and heavy rain interspersed with warm, sometimes sweltering days. Plus, the winds seldom let up. Sometimes they were in our face, but, luckily, more often they were at our backs.

In crossing all 10 provinces, we cycled by streams and rivers, ponds and lakes, saw many species of birds, and enjoyed landscapes - mountains, prairies, forests, farms, villages, towns and cities - we will carry in our minds' eye forever.

Most of all, we met many, many wonderful people everywhere we went - curious, admiring, kind and generous. They, more than anything, were what made the trip so extraordinary.

Annual Picnic / Vancouver Hub and Spoke.

We accompanied sixteen other Victoria riders on the Swartz Bay/Tsawwassen ferry to the annual August picnic at Deas Island Regional Park. The weather cooperated, the picnic fare was tasty, and we enjoyed visiting with fellow cyclists from past CCCTS tours. Our ride from the picnic site to our accommodation in Richmond, for the Vancouver Hub & Spoke, was made much easier and quicker - thanks to John Hickman and Margaret Hunter who cycled with us to Richmond.

A big round of applause to Allan Buium for organizing interesting and enjoyable rides throughout the Vancouver area. In fact, it was difficult to choose which ride to sign up for because each tour offered so many stops of interest.

On Thursday, we did the **Vancouver Neighborhoods** tour led by Allan. He rode us through the neighbourhoods of Oakridge, Shaughnessy, and the 'trendy' area of Kits, where we enjoyed a midmorning coffee break while visiting with our fellow cyclists. After crossing the busy Burrard Street Bridge, we meandered along the sea wall to Yaletown. It was a beautiful day to take in all the sites: exclusive condos, busy shops and restaurants, and citizens enjoying the amenities of their city. We continued east past BC Place and into Chinatown. Even though it was busy, cycling in this area presented no problems. At Commercial Drive, many of us chose to lunch at Toni's Deli (great food). In this area of Vancouver, there are many diverse and interesting neighbourhoods including the Trout Lake area. Our return to the Richmond campsite was a direct route via Cypress Street which

is a designated cycle route that has been streetscaped with traffic circles (colourful displays of summer plants and flowers) which tends to calm traffic. What a worthwhile and fun day!

Originally our plans were to return to Victoria on the Friday, but we chose to extend our stay, so we could participate in Dan McGuire's tour to Belcarra Park in Port Moody. Dan kindly picked us up at our hotel and drove us to the Burnaby Lake Recreation Centre where his tour began. Again the weather was perfect for cycling. This ride led by both Dan and June included smooth and gravel bike paths through parks and land reserves, roadways, and undulating terrain to get into Belcarra Regional Park. Of course coffee breaks and a great lunch stop at Moody Square made this day fantastic! At the end of this tour, we felt we had a good workout.

Both tours were well organized, informative and most importantly, **fun**. Our only regret was that we were unable to stay for the rides being offered for the following three days. Thank you for your effort in planning these rides and giving us an opportunity to learn more about the Greater Vancouver area. It was great experience. We look forward to your next year's Hub and Spoke.

Alice & Frank Campbell

VANCOUVER HUB and SPOKE.

Allan Buium

A note of THANKS to:

-- The 52 members who signed up, the "5 Easy Days" was a success. Yes, there were a few mistakes and oversights and I again apologize to those who were either disappointed or annoyed. As for the one soggy day -- guess the clouds let loose in the wrong area!

-- The members who volunteered to lead the numerous rides as well as help me plan the five days. It was their help that gave the participants the opportunity to see various areas of Greater Vancouver.

-- Dan McGuire for sharing your wealth of experience in setting up tours and leading the Belcarra ride;

-- Carl Rorison for helping with registration and taking us to Deep Cove;

-- James Spears for showing us historical New Westminster and two days later, the two Universities -- through the rain and detours;

-- Chris Siggers for the interesting routes through Burnaby;

-- Nes McCully for coping with the rain but giving us the opportunity to see the good work being done at OWL;

-- Mary Eickoff and Bruce McLean for sharing a bit of their Richmond background;

-- Ian Polley for willing to get out of "sick bay" to get to Mud Bay -- but didn't have to;

-- those who thought my comments on Vancouver and Horseshoe

Bay may enrich their perspectives of the area.

A number of members suggested the event be repeated. It's too early to say yes or when, but if it is offered again here are a few suggestions: A bi-annual event, the Club's tent be put up at the campsite to have a social gathering point; offer rides of differing distances and difficulty; revise some of the routes to include other areas of the locale. If you have other suggestions, please direct them to me.

I enjoyed setting up the various rides and hope that my fellow riders enjoyed the "5 Easy Days..."

Annual Victoria Christmas Party

SAMUELS (by the park)

655 Douglas St. (In Queen Victoria Inn) Victoria

Wednesday, Dec 10, 2003

Cash Bar 6:00 PM

Buffet Dinner 7:00 PM

Entertainment by A. R. "Borgy" Borgerson 8:00 PM

Cost: \$25 per person (includes buffet, GST, gratuity, door prizes).

More detailed information in October Newsbrief

Alice Campbell: 250- 727-3439 or fac@telus.net

COMOX VALLEY HUB AND SPOKE

It seems a long time ago now, but for many of us the Comox Valley Hub and Spoke signalled the beginning of a great summer of cycling. The 26 keeners who cycled from Victoria to Courtenay with Rolf Petersen arrived safely and joined the tenters, RV-ers, motellers, and out-of province members to form a very large group indeed. The majority camped at centrally located Maple Pool campsite - our unofficial headquarters and daily meeting place.

Having had such a terrific time at the original CV H&S two years ago, we thought that this one would possibly be anti-climactic. Such was not the case however. Gladys Schmidt once again organized a fantastic Hub and Spoke. Each day we had a good selection of rides to choose from, with leaders who were knowledgeable and set a suitable pace for their group.

The choice included east to the Sunshine Coast, north to Saratoga Beach, west to Cumberland and Comox Lake, south to Denman Island and the Magical forest, and of course the local city tours with mandatory visits to parks, museums, gardens, and favourite ice cream stores. There was something for everyone and a pace to keep everyone happy.

In retrospect, the highlight of the trip was the incredible meal served up by Gladys, Doris Ellis, Charlotte Galic and Irja Svensson at the Schmidts. Over the winter Ken had caught and frozen huge quantities of salmon (two kinds), halibut, crab, and giant shrimp (or were they prawns?) After this amazing feast of appetizers there were salads and strawberry shortcake to fill any remaining hungry tummies. And what was most incredible of all? There were at least 135 of us! Was that a super-human hostessing job, or what !?

Letters to the Editor:

Comment on "How do we pedal" (Newsbrief; August, 2003 page 6). The "ballerina" position might give you a minimal power stroke advantage over a very short period, but sustaining that position while pedalling will add a much greater strain on your circulatory system, because it prevents your calf muscles from pumping venous blood back (i.e. "uphill") towards your heart. The calf muscles have long been characterized by the medical profession as constituting your "Second Heart". Their extension and contraction serve the purpose of rhythmically squeezing and relaxing pressure on the major deep veins of your lower legs, and the veins themselves have one-way valves inside them so as to force blood aback uphill towards the heart whenever these veins are squished by the calf muscles contracting and refilling from below whenever the calf muscles are relaxed and extending. This produces a "heart-like" PUMPING action, which is necessary, especially in bipedal animals which stand erect and vertical (like Homo Sapiens), in order to ensure adequate refilling of your FIRST heart, and thus adequate circulation around your whole body. It is the inability of soldiers to create this rhythmic extension-and-contraction of the calf muscles when standing still (at "attention" on the parade ground) that is the main cause of their occasional fainting on parade. So; rejoice in the rhythmic contraction and relaxation of your calf muscles as you routinely pedal in the classic style, and remind the heart in your chest, on every stroke, how much the second heart in your lower legs is helping the first heart to do it's job!

Roy Makepeace M.D.



CROSS-CANADA CYCLE TOUR society members (from left) Gladys Schmidt, Dora Ellis and Charlotte Galic prepare for four days of Hub and Spoke, a cycle tour, June 17-20.
PHOTO BY AARON RICHARD

The only "downer" of the trip was the unfortunate accident suffered by Jan Grove. He was unable to unclip in time to save himself from a fall and ended up in hospital with a broken hip. Fortunately, Comox has an excellent orthopedic surgeon (after all, it is a ski town) so he received prompt attention, same day surgery (yes, it does happen occasionally in BC), and happily is now gaining some mobility and making steady progress with the help of two canes.

So, to all of the Comox Valley group, thank you so much for a job well done, but especially to Gladys and Ken Schmidt for their generosity and hospitality, and a well planned Hub and Spoke.

Glenda Kirk

August "Newsbrief" arrived today August 13, about 5 hours before I go to VYR en route to Paris via Heathrow. In the "City of Light" I am to join forces with Dan McGuire to proffer support for Keith Fraser's attempt at a startling performance in Paris-Brest-Paris.

What caught my eye was John Peck's discourse & diagram of 2 ways of rotating the cranks. He claims that the stiff ankle "toes down" style seemed to apply more power. This goes against the accepted & traditional theory that efficiency improves with "ankling".

Admittedly the great, late, Jaques Anquetil, time triallist supreme & 5 time Tour de France winner appeared to always be riding with his toes down. But the stance seems to have some limitations. By ankleing one uses more muscles as the calf & shin muscles share the load with the thigh muscles that provide most of the power. There is also a more utilitarian disadvantage. "Toes down" requires the saddle to be higher & that means more stretching to put ones foot down at a traffic light. People earning money from riding a bike have to be efficient. In watching the riders in the Tour de France during OLN's daily coverage one could see the light & easy style of pedalling the riders use. Sitting well back & spinning moderate gears enables them to survive those long days in the saddle & keeps their muscles flexible & ready for the 70kph finishes when sprinting on the 120" top gears.

Harold Bridge

QUADRA AND CORTES ISLANDS.

From Courtenay, about 50 of us continued north to Campbell River, and ferried over to Quathiaski Cove on Quadra Island.

Most of us were fully loaded with camping gear, so climbing the hill up from the dock was a bit of a grunt, but from there it was mostly gently rolling hills across the Island to our campsite at Heriot Bay. Gladys Schmidt selected well as both campers and those wishing rooms at the hotel were able to be at the same site. In addition, there was lots of fresh shrimp available at the wharf and a well stocked shop and LDB outlet were just across the road. What more could cyclists want?

Well, rides of course, and there were a variety to choose from. Over the next few days we walked Rebecca Spit, visited Cape Mudge lighthouse, toured Tsa-Kwa-Luten Lodge, took the little ferry shuttle from April Point Lodge to Painters Lodge for lunch one day, and even had time to browse around a few galleries.

Before we knew it, it was time to pack up and move on to Cortes Island. The ferry left from in front of the Hotel, so our biggest challenge was climbing the hill after we docked at Whaletown. From there it was a relatively short (7 km) but fairly hilly ride to the campsite at Gorge Harbour. Once again Gladys had selected well - a vast grassy expanse with a covered table area available in the event of rain, and an on-site store and marina.

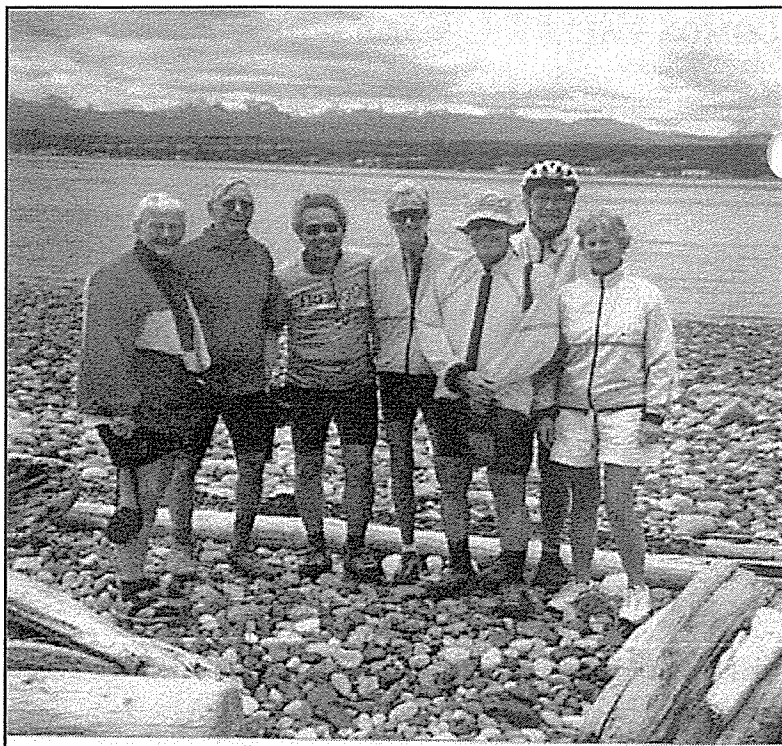
By this time we had lost a few cyclists, but those remaining enjoyed exploring. Our first ride across the Island to Squirrel Cove was hot and hilly, but once there, the magnificent views of Desolation Sound and the mainland mountains were spectacular, (and the ice-cream wasn't bad either!)

Visiting Cortes Island, you step back in time. The pace of life is slower and everyone is pretty laid back. So it was for us. Most of us meandered over the roads, some visited galleries, stopped at gardens and interesting little cafes, grazed our way through the famous vegetarian buffet at Hollyhock retreat, swam in Hague Lake and enjoyed the ambience that is uniquely Cortes Island. And I think for all us, a communal dinner was the perfect finale to this Island idyl.

A missing link from the **San Juan Islands Tour Chain Gang.**

The San Juan Island tour is a cyclists dream. For me it was my third tour of the islands and with David and Virginia's attention to detail, ever the more enjoyable.

All of the islands are special but I do have a fondness for Orcas and that may have something to do with Mt. Constitution. I have both cycled and hiked Mt. Constitution and either way it is a fitness workout. This time the challenge was once again going to be the bike.



Lauren & Ray Wright, Bosco Chang, Glenda Kirk, Les Hudgins, Jim & Ute Grayson

Roberto and Sonya Bardati, Gladys, Bosco Chang and Marg Howard prepared salads, baked potatoes and bread, and barbecued salmon. It was a spread to keep all 35 hungry cyclists happy and we thank the organizational team for a yummy feed.

Finally it was time to return. Some took early ferries, others like us, dawdled. Our return trip to Whaletown and the water crossing were uneventful but heading across Quadra Island, Jim and Ute Grayson experienced first a puncture, and then a real blow-out on their tandem back tire. No bike shop in sight, but Island hospitality prevailed and they were able to hitch a ride to the terminal and limp back to their car in Campbell River.

So Gladys Schmidt, Wendy Pearson and Sylvia Mather - thank you for organizing an interesting and highly memorable trip.

Glenda Kirk

The day to climb Mt. Constitution had arrived. I am on the cooking team with Mary so we do our shopping in East Sound and hurry back to get our ride in. The weather is cool, the traffic light and we slowly grind our way to the top. Besides the boost to our ego, the reward was an enjoyable lunch at the top with a panoramic view of the Gulf Islands and the mainland. Oh, there was also the exhilarating +13 km ride down with the constant squealing of brakes as we struggled to keep under control.

Monty Peters

CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour** or **names for membership**." Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Chile and Argentina Nov. 17th to Dec. 8th (21 days)
 Chris Hodgson (604) 541-2382 chodgson@telus.net
Cost Estimate: Cdn \$2,200 (plus Cdn \$1,800 airfare); Deposit \$100 (covers all accommodation, meals, ferries, sag support).
Balance Due (Cdn \$2,100) by Sept. 1.

Maximum Participants: 14 (fully booked)
Style: An exploratory tour through the lake districts of both Chile and Argentina. Accommodation will be in rural inns, tourist resorts, cabins. Sag support will consist of an 11-passenger van with racks, driven by a congenial and professional Chileno driver. Breakfast and evening meals will be in part at inns/restaurants and in part cooked by the group.

Itinerary: Fly to Santiago, Chile with transfer to Temuco, 670 kms further south. The trip starts at Umbrellas (Conguillio) National Park near Temuco, travelling south through Pucon, Villarrica National Park and Panguipulli, and entering Argentina at San Martin de Los Andes. We continue south through two huge Argentinean national parks to the resort town of Bariloche and re-enter Chile via Lake Todos Los Santos and Chilean National Park Perez Rosales. We then travel counterclockwise around Chile's largest and most spectacular lake, Llanquihue, to end up at the port city of Puerto Montt. If time permits, we'll do an interesting side trip along the coast from Puerto Montt to Calbuco or Alerce National Park. Return flight Puerto Montt-Santiago-Vancouver.

Total cycling distance is about 900 km, averaging about 50 km per day (maximum 80 km). Itinerary has flexibility if weather, road conditions or aching quads slow us down.

The route will take us through some of the most scenic parts of Chile and Argentina and expose us to a variety of cultures: native Mapuches, Chilean huasos, Argentinean gauchos, farming communities of German descent, Chilean seafarers.

Participants: Chris Hodgson, Dan McGuire, Brian Altenkirk, Jim Jeffrey, Shirley-Mae Jeffrey, Faye Wilson, Gladys Schmidt, Jim Burnett, Jean Horrocks, Marilyn Nelson-Ehret, Roger Ehret, Jim Allan, Robin Howe, Daniel Carey. An additional 9 members are wait-listed.

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: _____

Across Canada - Shore to Shore in 2004 Summer of 2004

Interim Coordinator - Dan McGuire

604-942-3235 danmcgu@telus.net

Maximum Participants: 28

Deposit: \$50; For total cost see options below.

Style: camping with truck for equipment and personal belongings, with three alternatives:

1. The typical club organized camping tour, organized by the participants, using club equipment, a support vehicle, with participants cooking and helping in camp, costing about \$3000;
2. Similar to the above but with a commercial tour operator doing all the route planning, organizing, food shopping, and driving the support vehicle, costing about \$3600;
3. A commercial tour operator providing more staff to look after cooking meals, leaving the participants free to cycle each day, all participants to help in camp, costing about \$4100.

These costs would include food, campgrounds, and a support vehicle to carry equipment and personal belongings, and depend on the number of participants. The tour would take about 80 days, or more, depending on choice of tour style, route, and daily distances.

Please let us know your order of preference of tour style, for example 2-3-1, let us know if you'd like to volunteer for any specific function, and send any other suggestions or comments

Note: For options #2 and #3 need a lot of lead-time for planning and arranging. We hope that an adequate number will sign up by the end of August, otherwise these options, and possibly this tour, may be in jeopardy.

Participants: Glen Smith, Roy Goodchild, Helen Goodchild, Brendan Kennelly, Richard Mathias, Barbara Mathias, Ken Smith, Susan Walker

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.

Contact: Bob Douglas 604-435-3893

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

Wednesday: 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

VANCOUVER ISLAND

Victoria:

Sundays 9:00 a.m. at McDonald's, corner of Oak & Saanich Rd.

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

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

Birthday Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

Nanosee/Parksville.

Thursdays 10:00 a.m. at Nanosee Place, 2925 Northwest Bay

Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

Comox Valley. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

Tours completed.	Year 2003
Gabriola Island	Victoria to Comox Valley
Arizona	Comox Valley Hub & Spoke
Hawaii 2003	Quadra and Cortes Islands
Transamerica trail 2003	Brentwood Bay - Gabriola
(cancelled)	Circuit
New Zealand 2003	San Juan Islands
Victoria Hub & Spoke	Around Vancouver in 5 days
Yukon Gold Trail	

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.



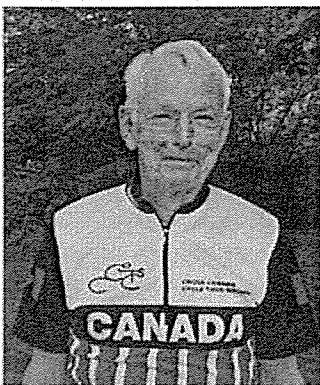
October 2003 Volume 20 Issue #9

The Cross Canada Cycle Tour Society

President's report.

David Clark

Today is November 2nd and we have just finished our directors meeting. Lots of issues to resolve and some happy announcements to make. The announcements appear in other parts of this Newsbrief and mainly deal with trips. Please check out the new trip section for more details on the Arizona and Denmark Trips.



Just in case our Newsbrief editor has successfully pulled the wool over your eyes as to what we were doing last month here are a few facts. We do not have a summer residence in Europe, we stay with relatives wherever we can and B&Bs elsewhere. We had hoped to bike in Burgundy but didn't because one of our biking buddies came down with a medical problem which kept them from joining us. We did in fact visit our son in England and we did cycle the Isle of Wight and Dorset. We came back rich in experience with an equivalent drop in our bank balances.

I want to acknowledge Allan Buium and his helpers for their great effort in putting on the Vancouver Hub and Spoke. We have had a lot of happy reports on it, the tours were well thought out and the camping spot turned out to be a real winner. I am sure that we will see a repeat in the near future. Many thanks to Dennis Flewelling for making time to perform an audit on our 2002 financials.

There are some hard issues for us to deal with at the AGM on November 26th. The premier one relates to fees. They have not changed for a decade and other expense and income items have. We have significantly more couples than we use to have and so the revenue per member has dropped. your board of directors is recommending a fee increase to \$30.00 for singles and \$45.00 for couples. You will have the opportunity to get the facts and debate the issue at the AGM..

Please mark your calendars for the AGM on November 26, the Christmas party in Vancouver on November 25th and the Victoria Christmas party on December 10.

Annual Banquet and Dance

United Scottish Cultural Hall.

8886 Hudson Street Vancouver. Near Oak and SW Marine Drive.
(Bus service to Marpole Loop; walk north on Hudson St)

Tuesday

November 25th

Bar open 6 PM

Dinner 7 PM.

Music



Stan Lewis.

Tickets

\$27 per person.

Buffet Dinner by Chef Jakob Hauser.

Make reservations by cheque to office (marked Banquet)
Please order tickets as soon as possible to help planning.

For info. contact Shirley Fisher (604) 255 0087

Annual General Meeting.

Wednesday November 26 11 AM - 3 PM.

Delta Recreation Centre "Hall C".

1720 - 56 Street Tsawwassen.

Lunch will be served after the AGM

Everyone welcome to help elect a new executive and plan for 2004.

LADNER HALLOWE'EN LUNCH.

Tuesday, October 28th

Ride start at 10:00 am from Ladner Community Centre, 4734 - 51st St.

Lunch around noon at Kin House, 5050-47th Avenue (beside Library)

Prizes for best costumes.

Your Host - Al Hollinger

LADNER CHRISTMAS LUNCH.

Tuesday, December 16th

Ride start at 10:00 am from Ladner Community Centre.

Lunch around noon at Kin House, 5050 - 47th Avenue (beside Library).

Bring humorous gift for exchanging.

Lunch on Santa (AI).

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

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
E-mail: rolfs@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

Telephone 604-433-7710
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WEB-Site: www.vcn.bc.ca/cccts/

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Barton Howes
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CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

October

Directors meeting

December

8th Chile tour completed
10th Victoria Christmas

November

17th Chile & Argentina tour
25th Annual Banquet & Dance
26th Annual General Meeting.

New Members

Weiss, Leo & Marianne 450-621-7873
23 De Neufchateau Ave, Lorraine, QC J6Z 1R3.
Brown, David 604-266-5922
6276 Elm St, Vancouver, BC V6N 1B1.
Kot, Ron & Karen 250-658-1103
5620 Batu Road, Victoria, BC V8Z 6K5.
Leonard, Larry 604-445-5341
1414 Landsdowne Dr, Coquitlam, BC V3E 1Y4.
Macmillan, Carol 604-879-2947
404 - 345 W 10th Ave, Vancouver, BC V5Y 1S2.
Buckrell, Cathy & Brian 250-890-0404
1745 Beaufort Ave, Comox, BC V9M 1R8.
Sibbald, Tom 250-477-3478
1674 Barksdale Dr, Victoria, BC V8N 4Z8.

Memoriam.

It was with a deep sense of sadness that I read of the death of Roy Towler in the news brief. We were not friends in the normal way. I met him at club meetings and on the Tours we did together, but I made many trips with him and I think that one tends to notice the nature of a person in the problems we sometimes endure on Tours. He was always the last to leave camp in the morning, checking to make sure everyone had left and the campground was in good order. For the rest of the day he was the sweeper, rescuing anyone in distress. His sense of responsibility was endless, but allied to this was a kind and gentle nature. Many were the times I was ready to blow up at some misfortune and he would look at me with that gentle grin and my anger would dissipate. As Carl so kindly wrote, "He was a real gentleman". That is so true and my world is a little darker without him! Thank you, R. Merness.

VICTORIA CYCLING FORUM

Sunday, November 2, 2003 Noon to 3.00 pm

Come join us at 9 a.m. at McDonalds corner of Oak & Saanich for our regular Sunday bike ride.

After approx. 40 km, we will meet at New Horizon Senior Centre on Menzies St. for lunch at 12 noon.

We will have an informal talk session on cycling; share your ideas and experience on any aspect of cycling.

Everyone is welcome. Bring your lunch. Coffee & tea will be available.

Speedy Senior at Seniors Games *by Yvonne Blomer*

As many kids were getting ready to face the classroom again, seniors in the province showed their stuff at the B.C. Seniors Games in Chilliwack. Jean MacDonald, 59, wasn't convinced she'd win for the third year running, but there she was at the podium again.

MacDonald found her life on a downhill slide a few years ago when her husband became very ill. To cope with the stress, she took up eating with a passion. "When I'm stressed I eat cream cakes," says MacDonald in a soft Scottish accent. After putting on weight she took stock of her life and decided to do something about it.

For a diversion she joined the Cross Canada Cycling Club. At first, she could barely go five kilometers, to improve she kept upgrading her bike. "People said you should change your bike, can go faster with a better bike," says MacDonald.

MacDonald bought a bike from her friend Barbara Hetzer and they started training for the Senior Games. "We went out every day early, she was my mentor," says MacDonald. The following May, Hetzer suggested she try out for the Seniors Games and she won.

"I didn't realize that I could win, I was so high when I stood on that podium, there's nothing like it," says MacDonald; adding that she loves to compete. "In Britain you start working at a very young age, so I don't think I ever had an adolescence, so I'm having it now."

Each competition from cycling to Track & Field is divided by age. MacDonald is in the 55-59 group and it goes up from there in five-year increments all the way to 80 years old. There are three cycling competitions — a road race, time trial and hill climb.

For training MacDonald does a hill climb a long ride of usually 100km and an easy ride in addition to three swims a week. She's also planning to do a triathlon with her daughter next year — her daughter will run and she will swim and ride.

Mike Fibiger-Crossman who has been working on his time trials organizes the Victoria area athletes. "Mike reached below 30 minutes in the time trial — 29.32 so he's doing fantastically," says MacDonald.

The time trial is a 16 km route, which Fibiger-Crossman did averaging 36km an hour. "Your legs don't go around as fast when you're older, so it's amazing," said MacDonald.

For many participants part of the fun is meeting up with people from previous years, finding out how they all are and getting special attention. It's also about keeping an eye out for each other.

"One of the girls that was my main competitor the first year had breast cancer that fall, she was really really sick, then the next year she was in the games again," says MacDonald. "We were all looking after her, nobody said anything or made a deal of it, but we made sure she was safe."

This year, MacDonald was convinced that same woman, Sabine Hansel from Nanoose Bay, would beat her. Before the race she said, "I'm told that I'm stronger, but I don't see it, I think that

every year, so we'll see. I ride my bike as hard as I can 'cause I never get any attention any other way," she says with a laugh.

MacDonald won gold in the time trial this year with a time of 28:25; she also won the gold medal in the road race and the hill climb, a 2.2 km hill which she rode in 8:50.

2700 seniors participated in the B.C. Seniors Games in Chilliwack. Next year the games will be held in Penticton.

Yvonne Blomer writes a weekly cycling column in the Times Colonist called Spoke'n' Word. Contact her at yblomer@shaw.ca



Congratulations to all the participants in the B.C. Senior Games in Chilliwack, September 4th to 6th. Members of the CCCTS did very well and made everyone proud.

Our cyclist Charlotte Galic (78), Sonja Joos (74), Dora Ellis (69), Liz Hendricks (62), Sabine Hansel (60), Jean McDonald (58), brought GOLD and SILVER representing Vancouver Island. Well done GIRLS !!

Bert Buchanan and Earl Taylor from Victoria (GOLD and SILVER) made the impressive performance in their age group, 80+.

The Games were well organized ; the roads in top condition and the events successful. Cyclist and others keep up the good spirit! See you all in Penticton in 2004.

PS. We would like to see more people participate. *Barbara Hetzer*
(Photo by Barbara Hetzer)

For Sale:

Swagman Rac.3Bikes

Attaches to the spare tire.

Not used very much. Paid \$300.00 new

Will sell for \$100.00 obo

Contact Leila Montgomery at 604-945-6891

LeilaJack@aol.com

Denmark to Belgium along the Waters.

Travelling to and from Europe nowadays is always full of surprises. It's like they say, "Getting there is half the battle."

The biggest headache is in leaving Canada and having to go through multiple security checks. Reminds me of Sheep going through to be sheared! You line up to pay airport tax, line up to walk through the metal detectors. After you have unloaded all your spare change, wristwatch, jewellery, etc. you watch it disappear into a dark hole hoping it all comes out the other end? Then if you are really lucky, you go on to wait at your designated gate, where again, another line-up awaits you to board the plane.

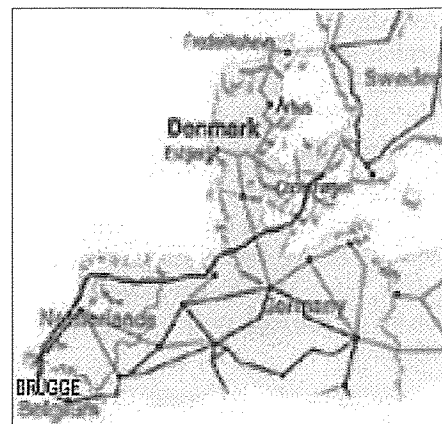
Arriving in Europe and clearing customs in Amsterdam on our way to Copenhagen was a piece of cake. The duty free however, isn't worth looking at. When you are travelling on to another EU Country you pay pretty well the same as the locals do in Holland. There is a two tier price system: One for travellers within EU and a real duty free or tax exempt price for travellers going to a non EU Country. I found out the hard way when I bought a bottle of Cognac for my Brother in Denmark (but it was worth it!)

Arriving in Copenhagen, Sharlane and I were met by my brother at the Airport. For those of you that are not so lucky, there is an excellent transportation system in place..... Below the Airport are trains that will take you (and your Bicycle) to down-town Copenhagen in less than 20 minutes, connecting with trains all over Denmark, the nearest hostel or directly to Sweden via the Bridge-Tunnel that now connects the two Countries.

Walking through Customs was a breeze. Unfortunately, Sharlane's bike was missing. I travel with my Bike Friday folded in a suitcase with clothing packed around it, and have never had any problems. The other bike was in a regular cardboard Bike box and was delivered right to the door the following day. However, the front fork had gone through the bottom (even though it had a plastic spacer) and there was a big hole in the side of the box.

Cycling Denmark is a real joy; going through cities and towns there are bicycle paths next to the roads and at busy intersections there are blue cycling lanes, where the cyclist has the right of way. Cyclists must always make a "wide" left turn: Cross, keeping to the right side of the roadway to the opposite corner and wait until the road is clear before continuing in the new

direction. In light controlled crossings it is not necessary to wait for a green light in the new direction. This simple rule avoids a lot of accidents. There are 10 National cycle routes with a total distance of 4100 km. They are blue signed with the route number in red.



Our route started just north of Copenhagen, so we cycled south through the City, where again there were separate bicycle paths all the way. Route 9 winds its way south following the coast down to a series of Islands on the Baltic. You are never very far from the Ocean where the sights are sailboats (a sailors paradise) and lots

of bird life with beautiful white swans everywhere. The five white Swans are the Symbol of the five Scandinavian Countries (Denmark, Norway, Finland, Sweden and Iceland). The cycling is easy through rolling farmland, interspersed with forest. Being Islands there were many bridges and three ferries to take en-route. There are several of the old windmills along the way. In contrast are the big modern windmills generating much needed electricity. Through out you see a lot of the old thatched cottages with their bright yellow or red walls.

WE stayed mainly in Hostels and they were all very clean and comfortable, for the most part quite centrally located. Quiet time was 11 o'clock which was fine with us. Hostel breakfasts were a delight with; rolls, different breads, sliced meats, cheeses, yogurts, cereals mm (a real good start to the day).

It is a 4 hour Ferry trip from Bagencop, Denmark to Kiel in Germany. Here we ran in to our first

not so Nice Hostel (Jugendherbergen to you). So far we had been used to nice quiet hostels, but this one had several school groups hollering and screaming to the wee hours of the morning (big cities!) Finding our way out to the country side was not all that easy and the local Tourist office wasn't much help.

(Denmark to Belgium continued Page 5)



(Denmark to Belgium continued from page 4)

Once out in the country things improved with beautiful clean farms and a real surprise; the canals. I had always thought of Holland but not Germany as the land of canals, but a lot of the cycling paths went right next to them for miles and miles. Of course the Kiel canal which is a shipping lane between the Baltic Sea and the North Sea and is one of the busiest in Europe. One very memorable experience was on arriving in Papenburg after a hot ride in 38 degree temperatures: The hostel didn't open till 5:30 (usually hostels open at 4 pm) so we went down town and sat at a table outside a Gasthouse and had a couple of cold ones; The setting was just perfect, right by the canal, the sun shining, with a big old sailing barge sitting there in all its' glory; when next a German mens choir began to sing old sea shanties, at the Rathaus (City Hall) across the street, accompanied by an accordion.

Our route through Germany took us from Kiel, north of Hamburg, crossing the river Weser at Bremerhaven, to Oldenburg, Papenburg and into Holland by Bourtange. There are no customs at the borders, just a big EU sign; "Nederland", "Welkom in de Provincie Groeningen." Bourtange was a pleasant surprise; it was an old walled city complete with a moat and even an old Windmill.

The plan was to cut across Holland through Friesland (the towns and cities in this area have two names, Friesian and Dutch, confusing) through Assen, Sneek and take the 32 km long Afsluitdijk (Dike to the rest of you) and join the LF1 Noordzeeroute. It is a 270 km long bicycle route from the ferry port of Den Helder to Brugge in Belgium (if you wish, the route does continue for another 200 km to Boulogne-sur-Mer in France).

The Afsluitdijk is what keeps Holland dry (and the Dutch from having to have webbed feet) and the Nord Sea from flooding Holland through a system of huge hydraulic operated gates, which controls the tides.

In retrospect the trip should have been done from South to North, due mainly to the predominant winds blowing that way(It took me two days to figure out why most of the cyclists were heading the other way !) Going across the Dike, for 32 km, in a howling headwind was a challenge to say the least.

We did get a lot of comments and stares either because of the Bike Friday suitcase or the Canadian flag marking it so it could be seen from a distance. On the Dike a motorist stopped and came over to our path and started talking to us. He had seen the Canadian flag, and told us he was on his way to Amsterdam Airport to meet his daughter coming from Edmonton, where she lived. On another occasion in Denmark, a speedy Gonzales pulled up next to us on his road bike and said " Have you been dragging all the way from Canada." One thing about the trailer is that it cuts the wind much better than panniers; the time it's a nuisance, is when you get on a narrow path, or going through gates to some of the paths, and of course if you have to drag it up several flights of stairs.

The Noordzeeroute is well signposted using traffic free cyclepaths and quiet back roads; connecting a lot of small towns along the way. The beaches are fabulous and the water is warm and along them you see rows upon rows of tiny little change huts which the tourists rent for the day. WE got some really great fish and chips along the way which was sold out of big mobile vans. Don't go there with narrow tires or you will be doing a lot of walking or get stuck in some of the soft sand (it blows in) on the trails. There are several ferries along the route as well as the dikes and bridges, so if you are in a hurry this is not the way for you to go.

The Hostels are all very clean, but unlike Denmark where you can cook your own meals; Holland, Germany and Belgium do not have any cooking facilities, but supply meals at very reasonable prices. On two occasions we stayed in B & Bs' and the prices were quite comparable to the Hostels, which in Holland are called "stayokay". Probably the most fantastic Hostel in Holland was Domburg in the South, it was a beautiful medieval Castle about 200 metres from a long sandy beach. No cars allowed, just walk and bike-in through a Nature Park. Because it was high season most of the stayokays' were very busy, but we still managed to find space by booking a couple of days ahead. The hostels in Europe will book ahead for you, but not across borders. Unfortunately, the one time we couldn't book ahead, the hostel was no longer in business and thanks to some help from one of the locals (who were always very good in helping out) we found a place 15 km down the road, but that was still a fair distance at the end of the day.

Again cycling down a path along a tree lined canal we were looking for the border to another Country, Belgium, but never did find it ! The end of our journey was The Medieval City Of Brugge, another picture perfect old city surrounded and crisscrossed by canals, Church Spires and Chimes, cobble stoned streets (my little trailer was flying at times) (another reason for non-skinny tires), every second store a Belgian chocolate shop or souvenir shop. I could have gained a lot of pounds (or is it kilos) in Brugge.

Seventeen days and 1200 km through four countries; another cycling adventure came to an end.....*Rolf Petersen*

BC Senior Games 2003 - Swimming Chilliwack

Emmy Mátte, A CCCTS member from Parksville had a remarkable record in swimming at this years games
In the women's 70 -74 age group she did as follows: 400 meter freestyle - Silver; 25 meter Backstroke - Gold; 100 meter Individual Medley - Bronze; 25 meter Breaststroke - Silver; 25 meter Freestyle - Silver; 50 meter Backstroke - Gold; 100 meter Freestyle Relay - Bronze.

Eva Folk, a long standing CCCTS member also participated in the women's 80 - 84 age group with the following results: 25 meter Breaststroke - Bronze; 25 meter Freestyle - Gold; 50 meter Freestyle - Silver; 100 meter Freestyle Relay - Silver.

Peter Kabel, also a long time member of the CCCTS participated in the swimming events for the first time this year and won Gold in the men's 65 - 69 age category in the 100 meter Medley Relay. I am certain we will be hearing a lot more about Peter in coming Games.....*by Eva Folk.*

Annual Victoria Christmas Party

SAMUELS (by the park)
655 Douglas St. (Queen Victoria Inn)

Wednesday, Dec 10,
Cash Bar 6 PM



2003
Buffet Dinner 7 PM

Entertainment by

A. R. "Borgy"
Borgerson
per person
gratuity, door prizes)

Tickets \$25
(includes buffet,

Advance ticket sales (no tickets sold at door), in order to help organizers and caterers. The caterers require an exact number by Monday, December 08/03.

"Early Bird Draw"

Tickets must be purchased by November 15/03 to have your name entered into the Early Bird Draw. This special draw will be made at the Christmas Party. If you purchased tickets but do not reside in Victoria, your tickets will be reserved for you and given to you when you arrive at the Christmas party.

Please make cheques payable to:

CCCTS Social
894 LeClair Place
Victoria BC V8X 5K3

Buffet Dinner at Samuels
Assorted Dinner Rolls
Salads: Tossed green, Caesar, Greek, Coleslaw, Raisin & Carrot, Potato & Pasta
Choice of three Hot Entrees (one will be vegetarian)
Cold Cuts
Potato, Rice & Chow Mein
Assorted dessert table with fresh fruit & cheeses
Coffee or Tea

Billets will be arranged if required. Please contact either Alice Campbell: 250-727-3439 or fac@telus.net or Gerri Salamatian 250-477-1412 email: gerrisalamatian@telus.net for more information.

Tours completed.

Year 2003

Gabriola Island	Victoria to Comox Valley
Arizona	Comox Valley Hub & Spoke
Hawaii 2003	Quadra and Cortes Islands
Transamerica trail 2003 (cancelled)	Brentwood Bay - Gabriola Circuit
New Zealand 2003	San Juan Islands
Victoria Hub & Spoke	Around Vancouver in 5 days
Yukon Gold Trail	

NEW TOURS

ARIZONA TOUR 2004 March 15-29 (Monday-Monday)

Jim Burnett 604-738-5582 jimhburnett@telus.net
Janet Lever 604-536-2629 jlever-gaitken@shaw.ca
A van-supported motel tour
Participants : 20

Cost Estimate: 900.00 Can. (includes accommodation and van rental; breakfasts wherever included; lunches (except on rest days); dinner at Biosphere 2.) (Airfare not included.)

Deposit (required with application): \$100

Balance Due: \$800.00 by Feb 1st 2004

Itinerary: Phoenix/Florence/Biosphere 2/Tucson/Benson/Tombstone/Bisbee/Sierra Vista/Nogales/Tucson/Casa Grande/Phoenix. A visit to the Karchner Caverns may be included. Fee extra. Rest days at Tucson and Bisbee or Nogales. Distance: 900km.

N.B: Group meeting Monday evening, March 15th, at the Phoenix airport hotel. First cycling day Tuesday the 16th. Return to hotel in Phoenix Sunday March 28

"Optional extra day bike tour to either Frank Lloyd Wright's Taliesin West (modern architecture colony in the desert) or the Heard Museum (Native American Art old and new, many other galleries), or chance to explore on your own. Those interested please contact Jim or Janet so that extra night's stay at hotel March 29th can be added to their tour cost total. Admission to Taliesin or Heard extra."

DENMARK 2004

26th July to 17th Aug. incl. (23 days)

Co-ordinator: Rolf Petersen
(250) 370-6006 E-mail:rolfs@shaw.ca

Maximum Participants : 18

Cost Estimate: \$1900

(Non-refundable deposit with application \$200)

Balance of \$1700 by Feb. 15th 2004

(covers accommodations, 2 meals a day, Ferry costs)

(Airfare is not included.)

In order to facilitate booking accommodations the cut-of date is Nov. 15th 2003

The accommodations will be high Calibre Hostels, but there will be at times 4-5 people per room; so only amiable participants willing to share need apply! It will be a self-contained tour with no support vehicle (on the last trip there was no need).

The trip will start in Copenhagen and after two days of sightseeing we will travel on mainly back roads and bicycle paths through some of the most scenic parts of Denmark. Visiting various old Viking Themes, Castles and Churches seeing thatched Cottages and on to the Northern tip, where the two Waters meet at the top of Denmark. Along the way we will use several ferries and cross bridges. Being optimistic I know the weather is going to be great...and some of the Hostels are located by some fabulous Beaches.

CCCTS TOURS

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour** or **names for membership**." Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Chile and Argentina Nov. 17th to Dec. 8th (21 days)

Chris Hodgson (604) 541-2382 chodgson@telus.net

Cost Estimate: Cdn \$2,200 (plus Cdn \$1,800 airfare); Deposit \$100 (covers all accommodation, meals, ferries, sag support). Balance Due (Cdn \$2,100) by Sept. 1.

Maximum Participants: 14 (fully booked)

Style: An exploratory tour through the lake districts of both Chile and Argentina. Accommodation will be in rural inns, tourist resorts, cabins. Sag support will consist of an 11-passenger van with racks, driven by a congenial and professional Chileno driver. Breakfast and evening meals will be in part at inns/restaurants and in part cooked by the group.

Itinerary: Fly to Santiago, Chile with transfer to Temuco, 670 kms further south. The trip starts at Umbrellas (Conguillio) National Park near Temuco, travelling south through Pucon, Villarrica National Park and Panguipulli, and entering Argentina at San Martin de Los Andes. We continue south through two huge Argentinean national parks to the resort town of Bariloche and re-enter Chile via Lake Todos Los Santos and Chilean National Park Perez Rosales. We then travel counterclockwise around Chile's largest and most spectacular lake, Llanquihue, to end up at the port city of Puerto Montt. If time permits, we'll do an interesting side trip along the coast from Puerto Montt to Calbuco or Alerce National Park. Return flight Puerto Montt-Santiago-Vancouver.

Total cycling distance is about 900 km, averaging about 50 km per day (maximum 80 km). Itinerary has flexibility if weather, road conditions or aching quads slow us down.

Participants:(16) Chris Hodgson, Dan McGuire, Brian Altenkirk, Gladys Schmidt, Jim Burnett, Jean Horrocks, Marilyn Nelson-Ehret, Roger Ehret, Faye Wilson, Jim Allan, Robin Howe, Daniel Carey, Barb and Richard Mathias, Diane and Russ Horsnell

Across Canada - Shore to Shore in 2004 Summer of 2004

Interim Coordinator - Dan McGuire
604-942-3235 E-mail: danmcgu@telus.net
Maximum Participants: 24
Deposit: \$50; Estimated total cost \$3000.

Because of the small number of participants signed on, options 2 and 3, using a commercial tour operator, are no longer available. So we'll do it ourselves!

The tour will be a mainly camping style with a support vehicle for equipment and personal belongings, organized by the participants, using club equipment, with participants cooking and helping with other activities. The cooking team usually provides the vehicle driver unless someone volunteers to be a full time driver. Participants should train for this tour and be prepared to cycle about 100 km per day consecutively. There are rest days about once per week.

The tour will take about 90 days, depending on choice of route, final destination, and daily distances. Participants will be meeting soon to discuss these and other items, including start date.

Participants (15): Harry Balke, Christopher Chan, Helen and Roy Goodchild, Wanda and Bill Grevatt, Brendan Kennelly, Barb and Rick Mathias, Alan McLean, Nancy O'Higgins, Sandra Larson, Glen Smith, Ken Smith, Susan Walker

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.
Contact: Bob Douglas 604-435-3893

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

Wednesday: 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

VANCOUVER ISLAND

Victoria:

Sundays 9:00 a.m. at McDonald's, corner of Oak & Saanich Rd.
Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or
10:00 a.m. at McDonald's, Pat Bay Highway 17
Birthday Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway
Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

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. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789
Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.
Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

Newsbrief.



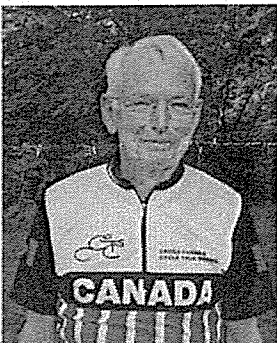
The Cross Canada Cycle Tour Society

November 2003 Volume 20 Issue #10

President's report.

David Clark

The fall is a time of change when the foundation for new growth is established. For me personally I will be retiring from two jobs; the one that earns me a living and the one that I have had for the past two years as president of CCCTS. Personally I expect to rise from the ashes as a regular cyclist



like the kind you see on week day rides. CCCTS will have many new directors with a fresh vision of the future. Some of the potential changes you might see in the future might look small but have required a lot of time and energy (and interest of individual directors) to develop. Specifically we are evolving to the point where a lot of communication between directors happens electronically by E Mail and we are moving towards a Virtual Office as opposed to a physical one where volunteers go to pick up mail, faxes and voice mail and make physical entries in journals.

Additionally there will be some discussion at the AGM about the establishment of an electronic discussion forum for members wherever they may be on the Globe and voting by mail for directors.

The handouts at the A.G.M., in addition to the Agenda and Financials, will include a note setting out where we spend our money on a per member basis. We expect that it will be useful for you when casting your vote in respect to a proposed increase in fees to \$30 for singles from \$25 and \$45 for couples from \$35.

AGMs are always important. Please make every effort to be there to voice your opinions, cast your vote and to meet your friends.

For those who can't be there I want you to know that we have a surplus part of which is available to enhance the cycling activities of any coherent and cohesive group of members. That might be for equipment, for training, or for any cause that is consistent with our mandate.

I have been blessed with a dedicated, hard working group of directors who have donated their time energy and money to serve CCCTS. It has been a privilege to be your President and I wish to thank you for your trust and confidence over the last two years.

Annual Victoria Christmas Party

SAMUELS (by the park)

655 Douglas St. (Queen Victoria Inn)

Wednesday, Dec
Cash Bar 6 PM

10, 2003

Buffet Dinner 7 PM

Entertainment by



A. R. "Borgy"
Borgerson
per person

Tickets \$25
(includes buffet,

gratuity, door prizes)

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Victoria BC V8X 5K3

Buffet Dinner at Samuels
Assorted Dinner Rolls
Salads: Tossed green, Caesar, Greek, Coleslaw, Raisin & Carrot, Potato & Pasta
Choice of three Hot Entrees (one will be vegetarian)
Cold Cuts
Potato, Rice & Chow Mein
Assorted dessert table with fresh fruit & cheeses
Coffee or Tea

Billets will be arranged if required. Please contact either Alice Campbell: 250-727-3439 or fac@telus.net or Gerri Salamatian 250-477-1412 email: gerrisalamatian@telus.net for more information.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

Items for the NEWSBRIEF must be received by the 1st of the month. The Editor reserves the right to edit for clarity, brevity and content. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor.

Submit items for publication to Office or Editors
E-mail: rolfs@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

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

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604 224 7817 ddclark@axion.net
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Equipment.....Ray Bremner
604 434 9253 ray_bremner@bcitra.bc.ca
Barton Howes
250 378 0927 Bartonfaye@aol.com

CCCTS Calendar 2003

Directors Meeting held 1st Thursday of the month.

November

17th Chile & Argentina tour
25th Annual Banquet & Dance
26th Annual General Meeting.

December

8th Chile tour completed
10th Victoria Christmas

New Members

Brody, Jill Brewer & Irwin 604-925-8962
1420 Duchess Ave #505, West Vancouver, BC V7T 1H8.
Fralic, George I 902-354-5405
RR1 Brooklyn, Queens Co, NS B0J 1H0.
Hanson, Irene 780-662-2191
RR#4, Tofield, AB T0B 4J0
Jackson, Arthur 250-890-3440
341 Redwood ST, Comox, BC V9M 1H1.
Schippers, John & Ruth 250-370-9953
1738 Green Oaks Terrace, Victoria, BC V8S 2B1
Thompson, Frank G 604-277-7572
8491 Fairfax Cr, Richmond, BC V7C 1X9.
Weiss, Leo & Marianne 450-621-7873
23 De Neufchateau Ave, Lorraine, QC J6Z 1R3

Annual Banquet and Dance United Scottish Cultural Hall.

8886 Hudson Street Vancouver. Near Oak and SW Marine Drive. (Bus service to Marpole Loop; walk north on Hudson St)

Tuesday,

Bar open 6 PM

Music:

Tickets: \$27



November 25th

Dinner 7 PM.

Stan Lewis.

per person.

Buffet Dinner by Chef Jakob Hauser.
Make reservations by cheque to office (marked Banquet)
Please order tickets as soon as possible to help planning.
For info. contact Shirley Fisher (604) 255 0087

Annual General Meeting.

Wednesday November 26st 11 AM - 3 PM.

Delta Recreation Centre "Hall C".

1720 - 56 Street Tsawwassen.

Lunch will be served after the AGM

Everyone welcome to help elect a new executive and plan for 2004.

(Club Jerseys will be available from Kim Vogt)

LADNER CHRISTMAS LUNCH.

Tuesday, December 16th

Ride start at 10:00 am from Ladner Community Centre.
Lunch around noon at Kin House, 5050 - 47th Avenue (beside Library).

Bring humorous gift for exchanging.

Lunch on Santa (A1).

Club Jersey Christmas Clearance Sale !

Old Style: short sleeve size small \$ 20

Newer Style: Ladies, short sleeve, size XXL \$ 45

Ladies, long sleeve, L & XXL \$ 55

Mens, long sleeve, L, XL & XXL \$ 55

Call Kim @ 604-922-1359

Club Jerseys will also be available at the AGM on Nov. 26th

UNISEX/MEN'S SIZING. (New Style only)

SIZE WAIST CHEST

XS 26-28" 34-36"

S 28-30" 36-38"

M 32-33" 38-40"

L 34-35" 40-42"

XL 36-37" 42-45"

XXL 38-40" 45-47"

WOMEN'S SIZING. (New Style only)

SIZE WAIST/BUST/CUP HIP

XS 24-26" 30B-32A 34-36"

S 26-28" 32B-34A 36-38"

M 28-30" 34A-34C 38-40"

L 30-32" 34C-36B 40-42"

XL 32-34" 36C-38B 42-44"

XXL 34-36" 38C-40B 44-46"

LADNER HALLOWE'EN LUNCH

The Ladner group had its annual Hallowe'en lunch on October 28. The weather was good, but windy. Many arrived in costume. A rib sticking lunch was prepared and served by volunteers who received "Thank you" carnations from Al Hollinger. Marten and Romeo also received carnations (just for being there).

Costumes were great and the judges, Marj Murphy and Marten McCready, had a tough job deciding who had the best ones. They picked the following winners:

Bob Douglas (Roman gladiator)

Joan Rumsey (Wizard)

Frank Ward (Gondolier)

Alyce McKay (Lady from the Islands)

Eva Folk (Clown)

Eva cried to the judges that she had worn the same costume for 5 years and had never won. This should keep her quiet for a year or two.

Thanks to Al Hollinger for hosting the luncheon party.

LADNER GROUP MONTHLY DINNER.

An enthusiastic group as usual turned up for the birthday dinner at Rickey's in Ladner on Sept. 9th. to honour two of our members celebrating birthdays this month.

They were Alyce McKay and Jean Verbong. Also, Eva Folk was back from the Senior Games in Chilliwack and proudly displayed her medals. She won a gold for the 25 meter free style, a silver for the 50 meter free style, a silver for the relay, and a bronze for the 25 meter breast stroke. It was a stellar performance again by Eva and she received our hearty applause. Another prominent member of the Ladner group, Janice Pickerill also achieved honours at the triathlon at Harrison Hot Springs. She swam 400 meters, cycled 20 km. , then ran 5 km. and came in first in her age group at 20 minutes ahead of the rest. We all would like to say, "Well done"!

We should also mention that Bernice Gregory, although never attending our monthly dinners, nevertheless provides us with a very kind service. She picks flowers in Arizona, her winter home, and presses these flowers and attaches them to our birthday cards. We have been using these cards for years and since it is also Bernice's birthday this month (Sept. 24th) we wish to say to her , "Thank you, for your kindness for these beautiful cards and Happy Birthday".

On an unhappier note we heard Helen Enns had a spill on her bicycle and was banged up a bit and we all wish her a speedy recovery.

Marten McCready

Memoriam

It was with sadness & a sense of loss that we heard of the death of Roy Towler. We cycled many miles with him & enjoyed his company very much.

Some of our happy memories are ----

-the twinkle in Roy's eyes when he spotted a pancake stop & said " What do you think? "

-the cayenne pepper that he put on everything (except dessert) & we all thought we should do the same as Roy looked so young & fit for his age.

-the time in New England when Jeff & I were cooking in a torrential downpour & our tent was being flooded & Roy moved it, along with all our gear.

-the times Jeff wanted to be a "rabbit" & get to the coffee truck first & Roy cycled with me & never left my side as he knew I was helpless on my own.

-he was always there for every flat tire & for anyone who needed help. He was such a fine gentleman & we feel privileged to have been able to spend many happy cycling hours with him. We will miss him.

Jim & Shirley Mae Jeffrey

Roy Towler. I have spoken to his wife Cecile since his death and she is doing OK. I did a number of tours with Roy and he was a true gentle man and wonderful person. I fondly remember him coming up to a group of women in New Zealand and helping us finish a flat tire repair this after another male member had refused to help us! I remember Roy doing the Korimandle Peninsula in New Zealand with a great group including Tage and Grethe. Another one of many fond memories was to listen to him shave with a battery powered shaver in his tent for what seemed like an hour! The tables in use by the club were built by Roy , Barton and myself and they have his name on them.

We miss you Roy.

Faye Wilson



Tuscany is the best place to cycle. Others might seek salvation enduring sleet and snow slogging up a mountain. Aleda and I leave those conditions for our back country skiing. For cycling we like to be under the Tuscan sun, with the pleasure of warm days and soft air, and the enjoyment of tasty food and splendid wine. And the people, ma ma mia, such warm welcoming people, even Ferrari drivers slowed down to pass us.

We toured around Tuscany for six weeks arriving on 28 April and leaving on 19 June. From Florence we rode south through the Chianti region to Sienna and east to our villa near Arezzo, then north into the high hills before turning west through old fortified towns and then north again for the final stretch.

When we rode out of Peretola airport, we had to negotiate a clover leaf and avoid the Autostrada before finding via de Vespucci the street I had planned to ride to Cascine Park. It was a narrow road with a right angle turn under a very low bridge where oncoming cars stopped for us to ride through. After observing that all the cars were oncoming, we found our way to the Park and joined the Italian riders cruising quietly along the tree lined road until we reached the centre of Florence.

In the City, Aleda called a halt for one of her favourite Italian delights: Gelato. Adorned in lycra and helmets, jet lagged, hot from riding in thirty degree plus temperature, we lounged at a tiny sidewalk table under a border of potted trees enjoying ice cream while some Italians stopped for gelato and most streamed past us.

Without reservations we walked into a hotel located near the centre and close to the railway station. The bikes were "no problem" just wheel them through the immaculate foyer through this ornate glass door into the interior garden court yard, but please be careful of the plants." For you a lovely room on the third floor."

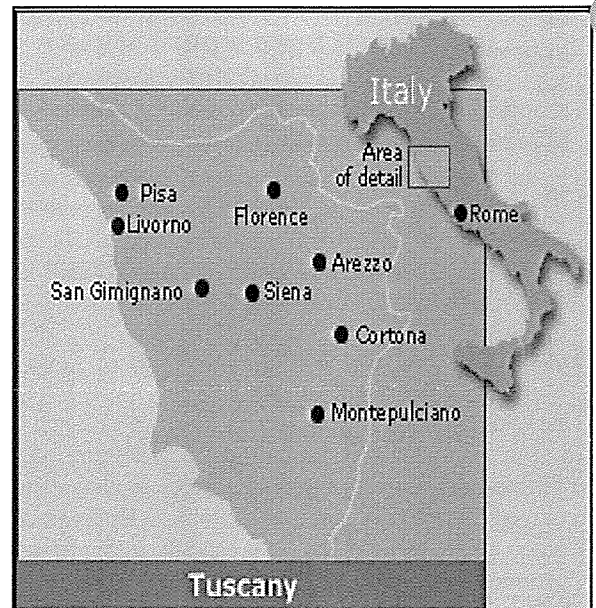
After a quick change we strolled along the streets of Florence and into a restaurant for our first dinner in Italy in some ten years. In the morning we rode along our route out of Florence past the Duomo and along the Arno river crossing it at Ponte S. Niccolo. After a tricky exit from the bridge, we rode along the route out of the City and then doubled back and down before riding up to Piazzale Michelangelo for the best and most spectacular view of the Florence.

Next day we retraced the route out of the city and went all the way to the junction with highway 222 and then south on it to Grassina. The roadside café served aromatic capuccino and sweets. Fired up with coffee and sugar we set out through the rolling country side much of it treed into the Chianti region. The scanty highway shoulders were bedecked with signs of agriturismòs. Our destination was Greve in Chianti but just before reaching there we peeled off into the forest on the left to find one of these agriturismos. This road was a bit of a climb and it was gravel. Whenever we thought the place had to be around the next treed curve all we found was another sign. Now we had a real climb. No place here for effete road bikes. Never was I so glad to be on my mountain bike. Aleda managed much of it with her touring bike. After much effort and depleting our water supply, we came out of the forest onto a ridge and in the middle of that was an old wine estate with fine buildings, a pool, and sublime views of the misty hills.

They had no rooms. For 80 Euros we could have a suite. Breakfast was included and would be served to us on the patio above and overlooking the pool and those views of the hills.

We had completed the first stage of our Tuscan tour.

Ian Turnbull



Cuba Tour.....

CCCTS members are invited to join Hans Klein and Ken Rogers on a two week commercial cycle tour in Cuba in February. Members who are interested could call Hans at 250-477-1493. Cost for the tour is about \$1600 and airfare is about \$1000, depending on which route is chosen.

You can get more info on the tour from Advantage Associated Travel in Courtenay: Call Tom Robertson at 1 800 856 4777 or visit their Web-site at >www.cuba1tours.com<

Cycle Tour Cuba: This two week tour . . takes you to the less travelled region with its diverse landscape, abundant flora and fauna and of course, its magnificent people. The tour is accompanied by a bus throughout and when you are tired of cycling you simply load your bike on the bus and have a cold drink. . . you will have a Cuban guide and a tour leader . . including all accommodations in Cuba breakfast and dinner daily + some lunches, transportation throughout tour, Cuban guide and driver. (Editor: This is a commercial Tour , not a CCCTS sponsored Tour).

Getting Ready

Looking through my diaries that I have kept since 1984, I realise there are some periods of several days length where I have not ridden a bicycle at all. As far as a year's total riding is concerned I have made up for those gaps with some pretty intensive riding, mainly long randonnees.

I decided that if I am going to get ready for 3 months of steady riding across the country then I need to be more regular in my cycling. One of the problems is that I have lived here in Port Coquitlam for 20 years now & in the Port Coquitlam area since 1968. Almost every ride I do involves using the Pitt River Bridge & with the counter flow system in place in the rush hour it isn't comfortable riding that tight rope they call a shoulder on the east bound span that is a remnant from 1957.

"Been There, Done That" is the major obstacle. It seemed possible that by joining the "Canadian Kilometre Achiever Program" I might be persuaded to keep my riding on a more even level. I have it on good authority that a lot of people do not train sufficiently for these long tours & thus become a liability on the trip.

All C-KAP involves is recording your riding km, hopefully with an accurately calibrated bike computer, and filling in a weekly log. There is a life time membership fee of \$25 & any awards you may wish to purchase cost about \$6.

For more information go to:>www.egroups.com/subscribe/c-kap
Harold J. Bridge

WANTED 16-17" Touring Bike in good condition.
Contact Sharon Warren >sharon63@dowco.com<

MEMORIAM:

Gordon Rempel collapsed last week ,doing what he loved most, running, and did not recover.

He had recently rejoined the CCCTS, but we did not see much of him because of this obsession of his with running.

I knew him way back in the seventies , when long distance running started to take off. He completed numerous marathons and triathlons and won prizes too.

I rode past him one day near the airport and then stopped to talk He joined the Club and then did a few of the Gabriola tours with us and also did the Port Alberni , Princess Rose and on to Tofino Tour.

He went on the infamous Port Renfrew (Port Rainfall) Tour where he joined a small group to be ferried to spend a few days holiday on the West Coast Trail ! The water poured down in torrents from the time they left until they set foot on our side again , two days later.

He is remembered for, somehow, preparing hot meals in his tent and delivering them to the beleaguered and soaked ones in their tents, sloshing through the mud to get there. It is a story that will be reiterated around the campfire for years to come.

Gordie also served on our executive for a while.

He was truly a fine fellow and will be missed.

Dennis Parsons

BC Cycling Coalition News

It takes time, but the railings in the tunnels in the Fraser Canyon have been removed to provide more space for cyclists. The sign location and messaging is under review and work on a design for flashing warning lights will start soon. There is currently no funding for these signs

Somewhere near Elko, rumble strips which had been placed right where we ride have been filled in so that we can enjoy smooth riding.

The sign "no bikes on bridge" has been removed from the Lion's Gate Bridge

The BCCC requested that road repair warning signs not be placed on the shoulder so that cyclists are inconvenienced. Unfortunately there are so many sub contractors that the message did not get to many , if any.

However. We can do our part by stopping and talking to the work crews who ,when they hear of our problem, are most willing to move the signs. In time we could have clear cycling throughout this province and possibly all over our glorious Canada

Marion Orser is doing a lot of work to see that cyclists are accommodated on the Queensborough Bridge.

CCCTS TOURS

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour** or **names for membership.**" Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

Tours completed.	Year 2003
Gabriola Island	Victoria to Comox Valley
Arizona	Comox Valley Hub & Spoke
Hawaii 2003	Quadra and Cortes Islands
Transamerica trail 2003 (cancelled)	Brentwood Bay - Gabriola Circuit
New Zealand 2003	San Juan Islands
Victoria Hub & Spoke	Around Vancouver in 5 days
Yukon Gold Trail	

Chile and Argentina Nov. 17th to Dec. 8th (21 days)

Chris Hodgson (604) 541-2382 chodgson@telus.net

Cost Estimate: Cdn \$2,200 (plus Cdn \$1,800 airfare); Deposit \$100 (covers all accommodation, meals, ferries, sag support).

Balance Due (Cdn \$2,100) by Sept. 1.

Maximum Participants: 14 (fully booked)

Total cycling distance is about 900 km, averaging about 50 km per day (maximum 80 km). Itinerary has flexibility if weather, road conditions or aching quads slow us down.

Participants: Chris Hodgson, Dan McGuire, Brian Altenkirk, Gladys Schmidt, Jim Burnett, Jean Horrocks, Marilyn Nelson-Ehret, Roger Ehret, Faye Wilson, Jim Allan, Robin Howe, Daniel Carey, Richard Mathias, Barbara Mathias, Russ Horsnell, Diane Horsnell.

ARIZONA TOUR 2004 March 15-29 (Monday-Monday)

Jim Burnett 604-738-5582 jimburnett@telus.net

Janet Lever 604-536-2629 jlever-gaitken@shaw.ca

A van-supported motel tour

Participants : 20

Total Cost estimate: \$900.00 Cdn. (includes accomodation and van rental; breakfasts wherever included; Tour of Karchner Caverns) (N.B.: \$975.00 Cdn. for those staying in Phoenix on Monday, March 29th. See below for details.)

Deposit (required with application): \$100.00

Balance Due (\$800) by Feb. 1st 2004

(N.B.: Balance (\$875) for those staying in Phoenix on Monday, March the 29th. See below for details.)

Itinerary: Phoenix/ Florence/ Catalina/ Tucson/ Benson/ Tombstone/ Bisbee/ Sierra Vista/ Nogales/ Tucson/ Casa Grande/ Phoenix. Rest days at Tucson and Bisbee.

N.B. Group meeting Monday evening, March 15th at the Best Western Airport Hotel in Phoenix. First cycling day Tuesday the 16th. Return to hotel in Phoenix Sunday March the 28th.

Optional: Monday, March the 29th: An extra day bike tour in Phoenix area to Frank Lloyd Wright's Taliesin West, former home of F.L.W. and school of modern architecture in the desert above Scottsdale. Fascinating guided tour of the exteriors and interiors where "Mr. Wright" lived, taught and worked. Lots of unusual furniture, art, spaces and designs. (Visit www.franklloydwright.org.)

Those interested in this option please contact Jim or Janet as soon as possible. Please note:

Additional night's accommodation on Monday the 29th at the Best Western Airport Hotel Phoenix and tour fee for Taliesin West are extra. See above for cost with hotel included. (Taliesin West is \$17.50- \$22.00 USD per person and will be paid on site by participants.)

Participants: Jim Burnett, Janet Lever, George Aitken, Lynne Stewart, Rob Stewart, Sonya Bardati, Roberto Bardati, Sharon Warren, Elma Gavin, Ron Wallace, Verena Balke, Harry Balke, Les Hudgins, Derek Holden, Dennis Howard, Marg Howard, Morley Hornung, Emmy Matte, Josie Zewiec, Katryn Jeronimus.

Wait-list: Carl Jeronimus, Mike Daniels, Sonia Ward, Frank Ward, Bosco Chang, Ray Berg

Across Canada - Shore to Shore in 2004

June 1st to late August, 2004

Interim Coordinator - Dan McGuire

604-942-3235 >danmcgu@telus.net<

Maximum Participants: 24

Deposit: \$50; Estimated total cost \$3000 or less.

The tour will be a mainly camping style with a support vehicle for equipment and personal belongings, organized by the participants, using club equipment, with participants cooking and helping with other activities. There is a good possibility of a volunteer to be a full time support vehicle driver.

Participants should train for this tour and be prepared to cycle about 100 km per day consecutively. There are rest days about once per week.

Some will start from Victoria but the main gathering point will be Fort Langley the afternoon of June 1st, 2004. Preliminary plans for the route show the next day cycling to Hope and the following day over the Coquihalla summit to Merritt; both days just over 100 km, so be prepared. The route will avoid the larger cities and continue to Jasper, Drumheller, Saskatoon, Lake Manitoba Narrows, just north of Winnipeg, Fort Frances, Thunder Bay, Sault Ste. Marie, Manitoulin Island, north of Toronto, Picton, Kingston, Ottawa, north of Montreal, Quebec City, Fredericton, Charlottetown, and it is uncertain then whether to go to Halifax or St John's.

The tour will take about 75 cycling days and 11 rest days, depending on choice of route, final destination, and daily distances.

Participants (16): Harry Balke, Harold Bridge, Christopher Chan, Dan Eaton, Irene Hanson, Wanda and Bill Grevatt, Brendan Kennelly, Barb and Rick Mathias, Alan McLean, Nancy O'Higgins, Sandra Larson, Ken Smith, Frank Thompson, Susan Walker

Nicola Valley Hub and Spoke 2004 (New Tour)

12th to 16th July, 2004

Co-ordinators: Barton Howes 250-378-0927

Faye Wilson >bartonfaye@aol.com<

Registration Fee: \$ 10

People who want to do the ride to Spences Bridge on July 12 could gather in Merritt on Sunday July 11 and be ready to ride at 8 or 9AM the next morning depending on the weather

Day 1: Monday July 12 Ride to Spences Bridge from Merritt. Stay over night at Garuda Inn. This would be a first come first serve situation as they only have 31 beds. Cost for accommodation would be about \$65.00 per couple including Breakfast. Dinner would be about \$20.00 with a limited menu. The food is all home made and very good as well as being vegetarian. This Inn is 142 years old and is an original stage coach Inn. They also have room for tents as well an area that would accommodate people on therma rests. It would be up to the individual to make their own reservations. Phone 1-877-354-1997 email >garudainn@hotmail.com<

Day 2: Tuesdy July 13 Ride home from Spences bridge on the highway or on the kettle valley railway bed. I would recommend wider tires for this route This route would be relatively flat and the highway would be a gain of 1000 feet.

Day 3-5: For those people not wanting to ride to Spences Bridge they can start on day 3. Hub and spoke from Merritt with camping at Claybanks RV Park Phone 250-378-6441 email rjmcneil@uniserve.com Tents \$15.00 RV full service \$23.00 I would set up the same rides as other years but would not have leaders for all of them but would do my best with maps and directions. If the interest is there I would line up some more of the Kettle valley railway bed. This would involve driving to the start and you would need to indicate your interest in the railway bed at the time of registration. I would also have a windup dinner on Friday evening July 16 with everyone looking after their own tab.

DENMARK 2004

26th July to 17th Aug. incl. (23 days)

Co-ordinator: Rolf Petersen

(250) 370-6006 E-mail:rolfs@shaw.ca

Maximum Participants : 22

Cost Estimate: \$1900

(Non-refundable deposit with application \$200)

An additional \$200 deposit (successful applicants only after the draw) before 31 Dec. 2003 to cover a 25% deposit already paid to secure Hostels in Denmark.

Balance of \$1500 by Feb. 15th 2004

(covers accommodations, 2 meals a day, Ferry costs) (Airfare is not included.)

In order to facilitate booking accommodations the **cut-of date is Nov. 15th 2003**

The accommodations will be high Calibre Hostels, but there will be at times 4-5 people per room; so only amiable participants
(Denmark 2004 continued next page)

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

Monthly Newsletter delivery : E-mail [] or regular Post []

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.

(Denmark 2004 continued)

willing to share need apply ! It will be a self- contained tour with no support vehicle (on the last trip there was no need).

The trip will start in Copenhagen and after two days of sightseeing we will travel on mainly back roads and bicycle paths through some of the most scenic parts of Denmark. Visiting various old Viking Themes , Castles and Churches seeing thatched Cottages and on to the Northern tip, where the two Waters meet at the top of Denmark. Along the way we will use several ferries and cross bridges. Being optimistic I know the weather is going to be great...and some of the Hostels are located by some fabulous Beaches.

Participants: I have increased the participants to 22 but the tour now has 35 members wishing to participate. No more applications will be taken after the Nov.15th 2003 cut-off date. A Draw will be held then and all will be notified in the December Newsbrief and by Email if available.

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.

Contact: Bob Douglas 604-435-3893

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

Wednesday: 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

VANCOUVER ISLAND

Victoria:

Sundays 9:00 a.m. at McDonald's, corner of Oak & Saanich Rd.

Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17

Birthday Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

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. Contact Dora Ellis 250-338-9751

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: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

For all you word lovers

1. A bicycle can't stand alone because it is two-tired.
2. What's the definition of a will? It's a dead giveaway.
3. Time flies like an arrow. Fruit flies like a banana.
4. A backward poet writes inverse.
5. In a democracy it's your vote that counts; In feudalism it's your count that votes.
6. She had a boyfriend with a wooden leg, but broke it off.
7. A chicken crossing the road is poultry in motion.
8. If you don't pay your exorcist you get repossessed.

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.

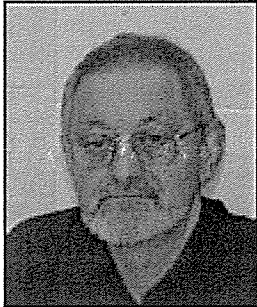


December 2003 Volume 20 Issue # 11

The Cross Canada Cycle Tour Society

President's Message.

Another AGM has come and gone and the new directors will be gathering throughout the year to carry on business on your behalf.



I have the privilege of being given the gavel as this year's President and looking forward to work with the new slate of Directors: Allan Buium, Betty Darvell-Jones, Chris Hodgson, Les Hudgins, Mike Heit, Hans Klein, Gladys Schmidt as well as the re-elected directors, Sonya Bardati, Ray Bremner, David Clark, Walter Griffioen, Bruce McLean, Carl Rorison and Don Stenton.

Thanks to Rolf Petersen who stays on as Newsbrief editor and Art Borron as Webmaster.

In Art Borron's Webmaster's report he states "we are hopefully on the verge of an electronic revolution in the way we operate with plans for a virtual office where geography plays no part in who does what. Meaning that the direction of the Society and the associated tasks goes to those who are willing to do them regardless of location".

The concept of a virtual office is already in progress initiated by Carl Rorison; also at the AGM the members unanimously accepted that the directors look into the possibility of a system of mail/Email-in-vote, as well as the concept of a member-at-large from afar. This democratic process will strengthen our Society.

The main purpose of our club is to assist "seniors" to remain healthy, active and social through cycling. This is possible by participating in the day rides, H&S and the various tours offered. I encourage you to volunteer your services to organize and lead tours and it is important to "cycle, cycle, cycle".

Wishing you all the best over the Holiday Season and Happy Safe Cycling.

Roberto Bardati



New Year's Century Ride.

Come, cycle the New Year's Century, Thursday, January 1, 2004.

We'll meet at the Peace Arch border crossing (Hwy 99 at Beach Rd) in the open parking area across from the Canada Customs buildings. Please make your 'comfort stop' prior, as there's no assurance of washrooms being open at the border at that time.

*Please note there have been changes to the parking area - be sure you don't drive into any fenced/gated area.

Plan to arrive by 8:45 am to allow time to sign the day-ride waiver, photo op - anyone got a digital? we should be at the US Customs at 9:00 am sharp to allow us to enjoy a moderate pace for our 100 km round trip.

The route will skirt the coastline of NW Washington along Birch Bay, south through Ferndale, and along the scenic harbour drive in southwest Bellingham to our destination, Fairhaven, where we'll lunch, rest, and return. Some prefer to return from Ferndale which would be a few clicks under 60. Whatever your distance, everyone please cross your fingers for better weather this year and we'll start the New Year right, on the seats of our bikes! (If Snow, No Go.)

Contact Mary Eickhoff for further details: 604 535 2513 email eickhoff@vcn.bc.ca

VICTORIA NEW YEAR'S DAY RIDE

Meet at MacDonald's, Oak & Saanich at 9:30 am and ride the peninsula with a lunch stop at the Spitfire restaurant, Sidney. Everyone welcome, rain or shine.

For information contact Roberto: 250 389 0091 email dockst@shaw.ca

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling. The NEWSBRIEF is also available on request via email to paid up members.

Items for the NEWSBRIEF must be received by the 1st of the month. The Editor reserves the right to edit for clarity, brevity and suitability of publication. The views expressed in "NEWSBRIEF" are not necessarily those of the CCCTS or the Editor.

Submission for **Newsbrief** may be mailed to:
Rolf Petersen, Newsbrief Editor,
2163 Quimper Street, Victoria, BC V8S 2H7
E-mail: rolfs@shaw.ca

Membership fees: Single \$ 30; Couples \$ 45
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

Telephone 604-433-7710
E-mail: cccts@vcn.bc.ca
WEB-Site: www.vcn.bc.ca/cccts/
Web-Site maintained by Art Borron artborron@shaw.ca

DIRECTORS.

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Equipment Manager:

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David Clark 604 224 7817 ddclark@axion.net

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Mike Heit 250 658 8950 mike@mikeheit.com

Memoriam.

With heavy hearts we must bid farewell to our friend and ski/hike companion, Godfrey Emile **Bud Masse**, who passed away in the early hours on Monday, November 3 2003.

His work with Revenue Canada took him to various organizations where he audited financial records. Bud enjoyed an eighteen-year retirement after leaving the workforce at 55 years of age.

Bud took up hiking when he was about 40 years of age. He initially participated in the Ottawa hostelling club activities but later joined the Ottawa Rideau Trail Club. His enthusiasm for hiking and cross-country skiing made him a natural leader and he led many ski and hike activities for the Ottawa Rideau Trail Club. His greatest passion was for cross-country skiing but hiking was not far behind. Hiking took him to the Appalachian Trail, the Adirondacks, the Long Trail in Vermont, the Bruce Trail and the Rideau Trail. In May, 2003, he hiked across England with friends for 10 days. In 1996 Bud achieved yet another goal by joining the Cross Canada Cycle Club on a trip across Canada with his good friend Bill Armstrong.

Bud enjoyed theater and movies but his greatest passion was for classical music. He had great understanding and feeling for what he heard. As well as greatly appreciating music as a listener, he participated in a number of choirs in Ottawa, including the Ottawa Centennial Choir and for a number of years with the Concordia German Canadian-male Choir.

A kind, quiet, gentleman, Bud was a generous friend who never hesitated to offer others a drive home or to a medical appointment. As some hikers and skiers grew older and just a little slower, Bud always continued to include them and he patiently waited for them and ensured their safety.

Bud's image is painted on the hiking trails and on the snow covered ski hills. For many of us, we will always see him there for he will forever be a part of that landscape.

Geoffrey Berry.

Chile News

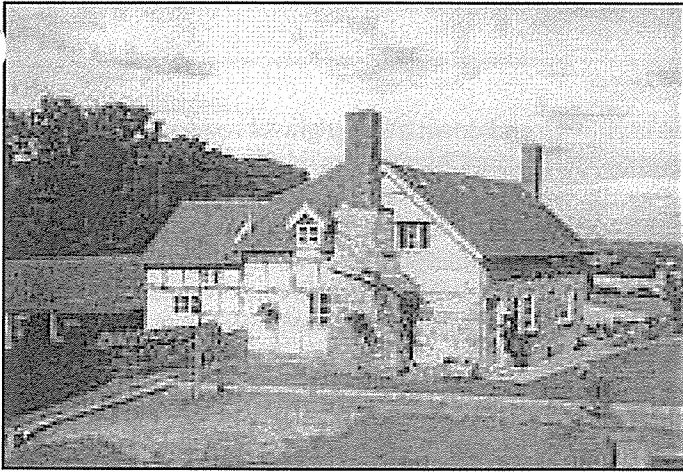
Could you pass on the info that we are in St Martin de Los Andes and all doing well. Yesterday was tough as we did 95 km on rough gravel, 1920 metres climbing, a two hour ferry ride and a border crossing. We came into town in the dark. Today windy but sunny, about 15 Celsius.

Chao, Dan McGuire

Victoria Trail News.

Construction is nearing completion of a north-bound, Highway 17 exit to Hawthorne Village, at the north edge of Heritage Acres - which crosses the Lochside Trail. Trail users, both north-bound and south-bound, will face STOP signs at this crossing. Motor vehicle traffic will (should) be decelerating from 90 kmph to 30 kmph before crossing the trail. Please send any (serious) comments or concerns to Jim Grayson [<mailto:jgrayson@gvcc.bc.ca>].

Cycling Britain.



This summer, Jean and I signed up for a Rowing Tour of the Thames River in England, Oxford to London in 7 days.. We left BC Aug 28th ,completed the rowing by Sept 7th and then started our self directed bike tour from a B&B in Hounslow, 4 miles east of Heathrow. We had arranged to store our Bike Fridays in their cases at the B&B.

It took us a day to assemble the bikes, re pack all our clothes and material for the unsupported bike tour. We had been planning this tour for months. I used the Sustrans national trail maps (Kent, Sussex and Thames Valley), Ordnance maps (1 in 50,000) of Sussex and Kent. I also obtained from Sustrans, a Map of a cycle route through the heart of London along both sides of the Thames River (Heathrow to Greenwich).. The other reference book I used was "Cycling Britain" Lonely Planet series 2001. Cycling Britain had rides going in the general areas we wanted to go but they used the roads and they also recommended not cycling anywhere near London.

The ride we were most interested in was London to Canterbury via Maidstone, Kent. Most of this leg went along the south shore of the Thames River east of London through Greenwich and Gillingham. From Gillingham we were to follow the Kentish and Sussex coast to Brighton passing through the ancient cinque ports like Deal ,Dover, Rye, Hythe, Eastbourne and Hastings.

"Cycling Britain" tour book said to use the train, London to Canterbury and then start the bike ride there and cycle to Portsmouth and then train back to London. The book has very good directions for a ride through the area plus a lot of information re food and accommodations. The Sustrans Maps provide in great detail a route starting in London, follows the Thames River east to the English Channel and then along the Kent and Sussex coast to Brighton. Sustrans directs you onto National bike trails, mostly offroad. At Brighton there are several options to travel north returning to London..We followed the trails to Gatwick airport then went west to Dorking and Guildford. We picked up the River Wey canal and cycled the canal path north to the Thames River at Weybridge , then cycled east along the Thames River, back to Hounslow. The Canal and Thames paths were very nice to cycle on with great views of the

countryside and all the activity on the canals and rivers.

Total mileage for the tour was 360 miles in about 12 days of cycling. We took a couple of days off and hiked the footpaths in the Sussex countryside. The hiking was probably more enjoyable than the cycling. Some of the Kent and Sussex countryside is very pretty. We had glorious sunny weather. There was a tinge of fall colors developing in the trees.

The advantages of using the National Trails was that they were off road most of the time and away from traffic. The disadvantages were that they were usually dirt and quite dusty. If the clay and sand mixture was right, the hard packed trail was quite nice to cycle on. Sometimes the mixture was not good and there were ruts ,loose sand and occasionally bed rock popping through making the trail quite rough.. Some of the grades were quite steep. There are a lot of gates and other barrier devices that you have to negotiate your bike and panniers through. Finally, in the cities the trail signs gets lost and finding the trail again becomes a treasure hunt. The trails frequently take you through industrial sites, recycling depots or land fill sites. None of which are pleasant to view.

It was our impression that the national trails are not used much for touring. The trails get quite busy as you approach a town but it is all local traffic using the trails for commuting. In the 2 weeks we were on the road we saw one other person that looked like he was touring with panniers. The trails have been moderately well maintained. I stopped and talked to some workers who were cutting grass and they said that they were used more in July and August by school kids.

Cycling on the roads in this area was quite daunting and risky. The roads are narrow with no shoulder and extremely congested, tortuous with fast drivers. Intersections or roundabouts were particularly risky for cyclist. In some of the cities and towns there were marked cycle paths on the roads but they were sporadic and frequently did not go where we wanted to go.

The final and greatest disadvantage of cycling in England is COSTS. Even though we met some wonderful people and saw beautiful sites the relative cost of food and accommodations is disproportionately high relative to Canada. I would have to conclude that Britain is a rip off for us Canadians with Canadian dollars. Because of this disparity in value I asked several Brits where they go for their holidays and they all said Canada, USA or France. So be it for Great Britain.

By Glen Smith.

Reference Material:

1 Sustrans Maps:

<http://www.sustrans.org.uk/webcode/home.asp>

- (1) Downs & Weald Cycle Route #2 & 21
- (2) Garden of England Cycle Routes #1,2 & 18
- (3) London Thames Cycle Route
- (4) Thames Valley Cycle Route, Routes #4 & #5
- (2) Ordnance Maps: <http://www.ordsvy.gov.uk/>

(Landranger Map)

3 Book: CYCLING BRITAIN Lonely Planet series.

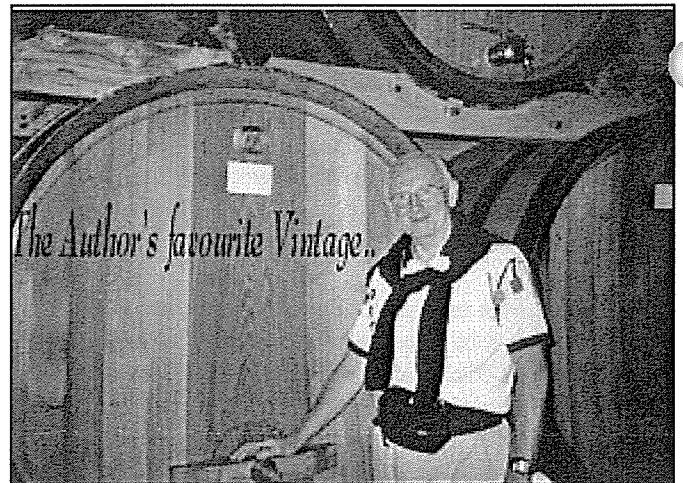
Tuscany for two.



Although we had to ride up and down a steep gravel road to go to Greve, our suite at the wine estate in Chianti was idyllic with an excellent breakfast served by the pool. It was tough to leave but we had to ride across the hills of Tuscany. After some bike repairs in Greve, we rode south along a scenic route with many touring cyclists. When we turned east to Radda the road followed a river and this road was also attractive but it was a grunt for the last part up into the town. We then went west to Castellina and had a wonderful descent from there into Sienna.

We started looking for accommodation about fifteen kilometre out of Sienna, but everything was full as it was late in the day. By chance, I found the hostel which is on the road 222 just inside the town boundary. While the hostel saved our day, it was noisy with door slamming all night long. Despite the noise we stayed in Sienna, because it was Sienna, with all the history and culture of an ancient Italian city. Riding out of it was more difficult than it looked on the map, because the road we wanted began behind the railway station and not in front of it, as we had been told. Nonetheless, we were soon climbing through a forest away from the city toward our next town.

We met many small groups of cyclists, most of whom were coming down. We had lunch in a small place in Pianella before continuing to Castelnuovo Berardenga. Here we found a charming young couple who ran a tiny three story building with one room on each floor. The woman taught English in the local school and her husband insisted on tuning my bike because "it is difficult to ride in Tuscany". The quaint room was the best value of our trip as it was only 38E. We continued to Monte San Savino the next day and again we had a great ride under sunny skies along a scenic route. The following day we went onto relatively flat roads to Castiglion Fiorentino. The first half of this ride was through a light industrial area while the last half was more pleasant. After



cleaning up, remember the temperatures are over 30 degrees, we went looking for food for our

lunch the next day. Again we found the locals helpful once they understood what we were looking for. We wanted the Co-Op store and went into a bar, the same one we had lunch in, to ask directions. Two men we chatted to finally figured out that what Italians pronounce as coop was our Co-Op. Only when we got in and were driving down the main street did we figure out that they were Polish.

We had a steep walk from our hotel up to the few restaurants in Castelnuovo. The one we chose specialized in beef. The locals were eating meat for appetizers and enormous t-bones for the main. I never realized Italians ate so much beef. I thought I was in Alberta. Next day we burned all those supper calories as we went up 200 meters in a couple of kilometres. Nice ride though, especially going down for our last few kilometres into our destination: Anghiari.

By Ian Turnbull



Annual General Meeting.

For those of you who missed the AGM, here are some of the highlights (or lowlights, depending on how you look at it). Personally I dislike meetings and that is why I packed it up as a Director this year and chose to stay on as your Editor. I know, I am not the only one to dislike meetings, judging by the poor attendance !

Only about 75 members showed up for a meeting which should have been of concern to everyone. Why is that ? Approximately 150 members live on Vancouver Island and a little over 200 in the Vancouver area. These are ball park figures; so you pick them apart later. The rest of the membership has an excuse; I am talking about the 40 south of the border in the US of A and the members scattered across Canada. With a membership of over 600, 75 members made the decisions for the rest of you.

The major decision was the increase in dues by \$ 5 per member (like somebody in attendance said,"What is a measly \$ 5; and Canadian at that, Eh). Probably the most interesting, was a proposal to have a member mail-in vote for Directors and any proposals or amendments to our constitution and by-laws. This of course would all have to be advertised in the Newsbrief well in advance of the meeting. The nomination of Directors was by acclamation and you will see their smiling faces on this page.

So what can we do to make the meetings more interesting? The nicest part to me is really the introduction of tours and socialising with old friends while balancing a cup of coffee in one hand and a bowl of chili in the other. Last year Dan McGuire introduced a slide presentation, which was kind of fun. Let us know what will make you come out to the AGM in 2004.



Standing, left to right: Carl Rorison, Bruce McLean, Allan Buium, Betty Darvell-Jones, Walter Griffoen, Les Hudgins, Hans Klein, Roberto Bardati, Don Stenton, Ray Bremner
Seated: Dave Clark, Sonya Bardati. (Absent: Mike Heit, Chris Hodgson, Gladys Schmidt)

Merry Christmas to one and all, and especially the members who submitted items for the Newsbrief and helped with folding, stuffing and labelling the envelopes through-out the year.

Rolf Petersen, Editor.

Christmas Story.....

Not long ago and not far away Santa was getting ready for his annual trip. But there were problems everywhere. Four of the elves got sick, and the trainee elves did not produce the toys as fast as the regular ones. Santa was beginning to feel the pressure of being behind schedule. Then Mrs Claus told Santa that her mom was coming to visit.

This stressed Santa even more. When he went to harness the reindeer he found that three of them were about to give birth and two had jumped the fence and were out, heaven knows where. More stress. And then, when he began to load the sleigh, one of the boards on the sleigh cracked and the toy bag fell to the ground and scattered all the toys.

So, frustrated, Santa went into the house for a cup of coffee and a shot of

whiskey. But he found that the elves had hit the liquor cupboard and there was nothing there to drink. In his frustration he dropped the coffee pot and it broke into hundreds of little pieces all over the kitchen floor. He went to get the broom and found that mice had eaten the straw from which it was made.

Just then the doorbell rang. Santa cursed on his way to the door. He opened the door and there was a little angel with a great big Christmas tree. The angel asked, "Santa where would you like to put this Christmas tree?" "Up your.....", said Santa.

And that is how the little angel came to be on top of the Christmas tree

Author Anonymous.

CCCTS TOURS

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

To register for tours - phone or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership should be in Canadian funds and include a note specifying, "to be deposited for **name of the tour or names for membership.**" Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. 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 or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

ARIZONA TOUR 2004 March 15-29 (Monday-Monday)

Jim Burnett 604-738-5582 jimburnett@telus.net
Janet Lever 604-536-2629 jlever-gaitken@shaw.ca

A van-supported motel tour

Participants : 20

Total Cost estimate: \$900.00 Cdn. (includes accomodation and van rental; breakfasts wherever included; Tour of Karchner Caverns) (N.B.: \$975.00 Cdn. for those staying in Phoenix on Monday, March 29th. See below for details.)

Deposit (required with application): \$100.00

Balance Due (\$800) by Feb. 1st 2004

(N.B.: Balance (\$875) for those staying in Phoenix on Monday, March the 29th. See below for details.)

Itinerary: Phoenix/ Florence/ Catalina/ Tucson/ Benson/ Tombstone/ Bisbee/ Sierra Vista/ Nogales/ Tucson/ Casa Grande/ Phoenix. Rest days at Tucson and Bisbee.

N.B. Group meeting Monday evening, March 15th at the Best Western Airport Hotel in Phoenix. First cycling day Tuesday the 16th. Return to hotel in Phoenix Sunday March the 28th. **Optional:** Monday, March the 29th: An extra day bike tour in Phoenix area to Frank Lloyd Wright's Taliesin West, former home of F.L.W. and school of modern architecture in the desert above Scottsdale. Fascinating guided tour of the exteriors and interiors where "Mr. Wright" lived, taught and worked. Lots of unusual furniture, art, spaces and designs. (Vis www.franklloydwright.org.) **Those interested in this option please contact Jim or Janet as soon as possible. Please note:** Additional night's accommodation on Monday the 29th at the Best Western Airport Hotel Phoenix and tour fee for Taliesin West are extra. See above for cost with hotel included. (Taliesin West is \$17.50- \$22.00 USD per person and will be paid on site by participants.)

Participants: Jim Burnett, Janet Lever, George Aitken, Lynne Stewart, Rob Stewart, Sonya Bardati, Roberto Bardati, Sharon Warren, Elma Gavin, Ron Wallace, Verena Balke, Harry Balke, Les Hudgins, Derek Holden, Dennis Howard, Marg Howard, Morley Hornung, Emmy Matte, Josie Zewiec, Katryn Jeronimus. **Wait-list:** Carl Jeronimus, Mike Daniels, Sonia Ward, Frank Ward, Bosco Chang, Ray Berg

Fort Langley Hub and Spoke New Tour

May 29 to June 3rd, 2004

Dan McGuire 604-942-3235 >danmcgu@telus.net<

Cost: \$9 per day camping and maps, \$4 per day if non-camping
Registration fee: \$10

Plan to cycle the pleasant roads in the Fraser Valley and enjoy the great campground on an island in the river. The "Shore-to-Shore 2004" tour across Canada will call in on June 1st so we can cycle with them part of the next day as they head to Hope.

Fort Langley is a very nice village with restaurants, shops, and a pub within easy walking distance. There is a ferry across the Fraser River to make some tours more interesting.

People flying in can also use the Abbotsford airport, and we could organise pickups. More details of tours and activities in future Newsbrief, but early registration appreciated so we can make arrangements.

Tours completed.

Year 2003

Gabriola Island	Victoria to Comox Valley
Arizona	Comox Valley Hub & Spoke
Hawaii 2003	Quadra and Cortes Islands
Transamerica trail 2003 (cancelled)	Brentwood Bay - Gabriola Circuit
New Zealand 2003	San Juan Islands
Victoria Hub & Spoke	Around Vancouver in 5 days
Yukon Gold Trail	Chile & Argentina

Across Canada - Shore to Shore in 2004

June 1st to late August, 2004

Interim Coordinator - Dan McGuire

604-942-3235 >danmcgu@telus.net<

Maximum Participants: 24

Deposit: \$50; Estimated total cost \$3000 or less.

The tour will be a mainly camping style with a support vehicle for equipment and personal belongings, organized by the participants, using club equipment, with participants cooking and helping with other activities. There is a good possibility of a volunteer to be a full time support vehicle driver.

Participants should train for this tour and be prepared to cycle about 100 km per day consecutively. There are rest days about once per week.

Some will start from Victoria but the main gathering point will be Fort Langley the afternoon of June 1st, 2004. Preliminary plans for the route show the next day cycling to Hope and the following day over the Coquihalla summit to Merritt; both days just over 100 km, so be prepared. The route will avoid the larger cities and continue to Jasper, Drumheller, Saskatoon, Lake Manitoba Narrows, just north of Winnipeg, Fort Frances, Thunder Bay, Sault Ste. Marie, Manitoulin Island, north of Toronto, Picton, Kingston, Ottawa, north of Montreal, Quebec City, Fredericton, Charlottetown, and it is uncertain then whether to go to Halifax or St John's.

The tour will take about 75 cycling days and 11 rest days, depending on choice of route, final destination, and daily distances.

Participants (17): Harry Balke, Harold Bridge, Christopher Chan, Dan Eaton, Irene Hanson, Wanda and Bill Grevatt, Brendan Kennelly, Barb and Rick Mathias, Alan McLean, Nancy O'Higgins, Sandra Larson, Ken Smith, Frank Thompson, Susan Walker, Yvonne Van Woudenburg (driver)

Nicola Valley Hub and Spoke 2004 (New Tour)

12th to 16th July, 2004

Co-ordinators: Barton Howes 250-378-0927

Faye Wilson >bartonfaye@aol.com<

Registration Fee: \$ 10

People who want to do the ride to Spences Bridge on July 12 could gather in Merritt on Sunday July 11 and be ready to ride at 8 or 9AM the next morning depending on the weather.

Day 1: Monday July 12 Ride to Spences Bridge from Merritt. Stay over night at Garuda Inn. This would be a first come first serve situation as they only have 31 beds. Cost for accommodation would be about \$65.00 per couple including Breakfast. Dinner would be about \$20.00 with a limited menu. The food is all home made and very good as well as being vegetarian. This Inn is 142 years old and is an original stage coach Inn. They also have room for tents as well an area that would accommodate people on therna rests. It would be up to the individual to make their own reservations. Phone 1-877-354-1997 email >garudainn@hotmail.com<

Day 2: Tuesday July 13 Ride home from Spences bridge on the highway or on the kettle valley railway bed. I would recommend wider tires for this route This route would be relatively flat and the highway would be a gain of 1000 feet.

Day 3-5: For those people not wanting to ride to Spences Bridge they can start on day 3. Hub and spoke from Merritt with camping at Claybanks RV Park Phone 250-378-6441 email rjmneil@uniserve.com Tents \$15.00 RV full service \$23.00 I would set up the same rides as other years but would not have leaders for all of them but would do my best with maps and directions. If the interest is there I would line up some more of the Kettle valley railway bed. This would involve driving to the start and you would need to indicate your interest in the railway bed at the time of registration. I would also have a windup dinner on Friday evening July 16 with everyone looking after their own tab.

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$ 30
Family \$ 45

Name(s): _____ Male [] Female []

Address: _____ Postal Code: _____
Street City Province

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

Monthly Newsletter delivery : E-mail [] or regular Post []

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.

DENMARK 2004

26th July to 17th Aug. incl. (23 days)

Co-ordinator: Rolf Petersen

(250) 370-6006 E-mail:rolfs@shaw.ca

Maximum Participants : 22 (Fully booked)

Cost Estimate: \$1900

(Non-refundable deposit with application \$200)

An additional \$200 deposit (successful applicants only after the draw) before 31 Dec. 2003 to cover a 25% deposit already paid to secure Hostels in Denmark.

Balance of \$1500 by Feb. 15th 2004

(covers accommodations, 2 meals a day, Ferry costs) (Airfare is not included.)

Cut-of date was Nov. 15th 2003. 37 members signed up for this trip, making a draw for participants necessary. All were notified via email and phone and the results are listed below.

The accommodations will be high Calibre Hostels, but there will be at times 4-5 people per room; so only amiable participants willing to share need apply ! It will be a self-contained tour with no support vehicle (on the last trip there was no need).

The trip will start in Copenhagen and after two days of sightseeing we will travel on mainly back roads and bicycle paths through some of the most scenic parts of Denmark. Visiting various old Viking Themes , Castles and Churches seeing thatched Cottages and on to the Northern tip, where the two Waters meet at the top of Denmark. Along the way we will use several ferries and cross bridges. Being optimistic I know the weather is going to be great...and some of the Hostels are located by some fabulous Beaches.

Participants(22): Rolf Petersen, Sharlane Fossum, Mary Lou Johnson, David Clark, Truus Clark, Edward Weinstein, Jackie Weinstein, Barbara Hetzer, Gerri Salamatian, Gene Salamatian, Glenda Kirk, Sandy Kirk, Anna Markus, Carl Rorison, Glen Smith, Jean Smith, Walter Griffioen, Marion Griffioen, Marion Orser, Charlotte Galik, Ron Graham, Mac Harvey.

Waiting List: Bruce Ross, Ray Berg, Bruce McIntyre, Liana O'Brien, Robin Howe, Daniel Carey, Josie Zewiec, Elma Gavin.

end-of-Queensborough Bridge The usual ride is to Steveston.
Contact: Bob Douglas 604-435-3893

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

Wednesday: 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

VANCOUVER ISLAND

Victoria:

Sundays 9:30 a.m. at McDonald's, corner of Oak & Saanich Rd.

Wednesdays - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17

Birthday Lunch, 11:30 am 3rd Wednesday of month at White Spot on Pat Bay Highway

Contact: Don Stenton 250 385 9780

Les Hudgins 250 721 5768

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. Contact Dora Ellis 250-338-9751

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 403-288-7916

OTTAWA.

Thursdays Contact: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

KAMLOOPS. Contact Peter Baron 250 372 8392

Kelowna

We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

WEEKLY RIDES.

VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45th & Cambie) or 11:00 under south

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: _____