

SpokeLore

175
MEMBERS
STRONG!

The Greater Nanaimo Cycling Coalition

A member of the BC Cycling Coalition



Photo: Bob Goerzen

We at the GNCC want to wish everyone a safe and happy holiday! Whether you celebrate Christmas, Hanukkah or Winter Solstice, this is as good a time as any to reflect on our blessings - good health so we can cycle, good family and friends to cycle with, a great country to cycle in, and great technology so we can cycle with minimum effort and in the dark!



Can't decide what to get the cyclist on your list for Christmas?

See Page 6!

Our next Board Meeting is:

*December 19, 7:00 pm
Bowen Park in Activity Rm. 1
Everyone is welcome*

Our next General Meeting is:

*Wednesday, January 16 7:00 pm
Bowen Park in Activity Rm. 1
Guest Speaker TBA*

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MINUTES -THE HIGHLIGHTS

**GREATER NANAIMO CYCLING COALITION
NOVEMBER 21, 2001, BOWEN PARK COMPLEX**

Bike Week/Month Coordinator Position: Once David Grey has a clear idea of funding, Gay Cunningham will place an ad in SpokeLore, local newspapers, and possibly the Georgia Strait and Monday Magazine.

SpokeLore Couriers: Three couriers have quit. Need Volunteers.

Policy and Procedures Manual: What is the status of manual? The consensus is that Allan should give priority to the Bike Week/Month Manual, as this will be a great asset in hiring a coordinator next year. We would like Allan Dunlop to confirm a deadline for both projects.

Membership Committee: Debby agreed to prepare another membership letter to be sent out in December.

Routes and Technical Committee: Keith will head up this committee. Bob Goerzen, Chris Hofstrand, and Aaron McKean want to participate.

Bob Goerzen's proposal re: whither the GNCC? Bob outlined some ideas for developing the GNCC. Cycling should be promoted by all means - recreational, utilitarian, etc. Without a growing base of cyclists in the community, advocacy work will not be successful. The GNCC needs to encourage cyclists by providing a range of benefits for those who attend our regular meetings. What brings people out? Interesting guest speakers, show and tell, good cycling videos, good press, free passes (similar to the computer club). self-help (bike maintenance), and a facility/office.

Board Positions:

- Chair: Chris Hofstrand
- Treasurer: Odette Moreau
- Co-chair: Debby Keith
- Secretary: David Grey

Trailers: The trailer at Green Communities will be replaced by another one (currently at David's), after the holidays.

ACCIDENT UPDATE

Steven Middleton was the unfortunate victim in an extremely serious vehicle/cyclist accident on September 11, 2000. Middleton was struck by Joseph Craggs while he and 2 other cyclists were riding west on Cedar Road. Craggs, who was high on cocaine at the time of the accident, was driving his pickup truck "aggressively" according to witnesses, in the other direction when he attempted to pass the car in front of him. He pulled out too far, struck Middleton, then hit a second cyclist with the truck mirror. He then lost control of the truck and crashed into a utility pole.

Middleton was airlifted to hospital in Vancouver and initially was not expected to live, instead he was left in a coma for three months and lost his left leg. The second cyclist suffered minor injuries and the third cyclist was uninjured.

Craggs pleaded guilty to one count of impaired driving causing injury and one count of dangerous driving causing injury.

Middleton broke down and wept several times during the hearing, including when Craggs turned to him and apologized.

"I don't know what to say, I'm just sorry for what's happened," he said. "I know I've changed your life and I just wish I could change it back."

Judge Doug Cowling sentenced him to three years in prison. Cowling said the conviction was a continuation of Craggs' lengthy criminal record. In addition to the prison sentence, Craggs is prohibited from driving for five years after his release from prison. He must also provide a DNA sample for the nation DNA data bank in Ottawa.

Paraphrased heavily from an article by Paul Walton in the Daily News



IRONY..

Get this, an eight year kid, in his attempt to have some fun and rebel against "stupid" rules at the same time, rides his bicycle over his helmet, falls off, and receives a concussion. True story.

For Wheely Good Food
wheel into the Windward
Neighbourhood Pub

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NANOOSE WANDERINGS

By Gay Cunningham

On a dreary morning on November 25 a few intrepid cyclists took to the trails of Northwest Bay while the rest of the gang hit the roads to head to Coombs. After meeting at the Rocking Horse pub we split into our respective groups and headed out. I went with the trail riders - something I haven't done in a while - and it shows! We explored some of the trails around the area, eventually finding an old military bunker which was really interesting. After poking around there for a while we carried on and I learned



*Jim & Gay check out the old bunker
Photo: Bob Goerzen*

If you're not getting muddy, you're not having fun!

about gorse bushes. Those are not very nice things to have to bushwack through on your bike, especially as most of them seem to be conveniently located at face level! We left the gorse behind and found some mud (the trail rider's motto is, of course, "if you're not getting muddy, you're not having fun!") and then made it back to the Rocking Horse to meet the other riders and have a lovely lunch. Even my husband didn't mind missing the Grey Cup for this ride!

The next weekend was a more cultural affair - we hopped on our bikes and toured some of the wonderful and talented artisans in the Cedar/Yellowpoint area.

Our tour took us to Sweet Dreams Crafts, The Sheep Shed, Hazelwood Herb Farm, and Faces by Faye...one of those cool little places you always drive by but never think to stop at! Well worth the effort, I think. We then convened back at our place and had a

great potluck lunch, from squash soup, homemade wine, tourtiere, and fondue to homemade Nanaimo Bars. Thanks to everyone who donated all that yummy food. And it was so cozy to sit in front of the Presto Log fire and dream about cycling in Hawaii!

The next Chain Gang ride will be in the Hammond Bay Road area. Meet at the Departure Bay Beach parking lot December 15 at 12:30 pm. After the ride there will be a Xmas potluck party at Barbara Hourstons.

John & Linda Wicks
Invite you to have
Great Food, Good Times

Black Bear Pub

6201 Douglas Road
Nanaimo, BC V9T 6G7
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The purpose of the GNCC is to promote and improve conditions for cycling in the Nanaimo area by:

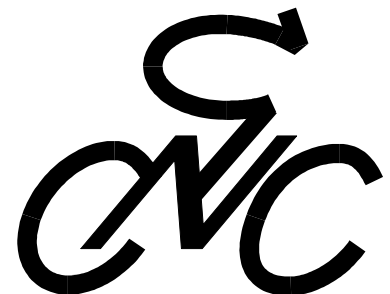
- providing a unified voice for all cycling interests in the area
- operating as a citizens' advocacy group in cycling-related matters
- promoting more cycle-friendly roads and recreational riding opportunities

GNCC Board of Directors

Keith Brown, Gay Cunningham, David Grey, Chris Hofstrand, Debby Keith, Aaron McKean, Odette Moreau, Don Oliver.

Questions regarding content, advertising and contributions may be directed to the publisher, Gay Cunningham, at: 722-4665, or email "spokelore@thegncc.org".

Views expressed in SpokeLore are not necessarily those of the GNCC.



GREATER NANAIMO CYCLING COALITION
Hub City's Cycling Advocates!

YES!

SpokeLore v6 13

I WANNABEE

part of the GNCC!

Your contribution will help us (and you) take a pro-active approach to creating a more hospitable cycling environment in Nanaimo.

As a member, you will get:

SpokeLore newsletter nine times a year.

Find out what's going on and who's involved.

Better cycling facilities.

Get involved or support those who are working to make our region more cyclist-friendly.

\$15 per member, \$10 for students & seniors and \$5 for the unemployed. 25% off the total price for two or more members in the same household.

Make cheque or money order payable to the Greater Nanaimo Cycling Coalition and mail to:

GNCC Membership
Unit 130, #34-1150 N. Terminal Ave.
Nanaimo, BC V9S 5L6

Name _____

Address _____

City _____ PC _____

Phone (h) _____

(w) _____

email: _____

Waiver

During GNCC activities, I will be responsible for my own safety and, if cycling, will obey all the rules of the road.

I will participate only in those activities for which I am physically fit enough and for which I have suitable equipment.

I release the GNCC from all claims made by me or my successors regarding death, injury, or loss or damage to my property during any event or activity for which I was a participant or a volunteer.

Signed: _____

Signature of parent or guardian if 18 or under: _____

Contact name/phone in case of emergency: _____

A SUMMER WITH THE CLIMATE CHANGE CARAVAN

By Rob McLean

Almost five months after rolling through Nanaimo, the Climate Change Caravan arrived at its final destination in Halifax, Nova Scotia. Wheeling over the Angus L. MacDonald Bridge into downtown Halifax on the last leg of its cross-Canada journey, the Caravan was transformed into a menagerie of two-wheeled beasts. The usual sight of cyclists in spandex and worn t-shirts was replaced by a collection of ballerinas and bumblebees, jesters and songbirds, and even a tandem bike manned by the cross-dressing "bike-sexuals". The escort for the riders was no less strange - a bright red vegetable oil powered bus. We were dressed up partly for the media, but mostly for ourselves. This was our final day of riding together and after an amazing summer of cycling and activism we had a lot to celebrate.



Critical Mass Ride in Winnipeg
Photo submitted by Rob McLean

THE CARAVAN

The Climate Change Caravan is best described as a "movement". It brought together people and ideas in a common cause, and then quite literally set us in motion. Before beginning the tour in Tofino many of the people involved in the caravan had only ridden on leisurely commutes, and never dreamed of completing a cross-country tour. We came from many different backgrounds but shared a common passion for the planet, and inexperience wasn't going to get in our way. The different backgrounds and skills within the group proved to be absolutely vital to the success of the caravan: in any given day there would be presentations to be given, bikes to be repaired, food to be cooked, and press releases to be written. We all had something to teach and a lot to learn.

THE BET

The Climate Change Caravan had its first large media event in Victoria, on the steps of the provincial legislature. It was an important moment for us and the first of many learning experiences about the world of publicity. It was in Victoria that we were announced the launch of **the BET**, a challenge that was taken across the country by the Caravan. **The BET** is simply a challenge to the federal gov-



Crossing the Confederation Bridge to PEI
Photo submitted by Rob McLean

Continued on Page 5

CLIMATE CHANGE CARAVAN CON'T.

ernment that Canadian citizens can take the initiative and reduce their household greenhouse gas emissions by govfifty percent - the amount that scientists have estimated is necessary to stabilize the global climate.

Admittedly, talking about cutting household greenhouse gas emissions can be confusing and boring, no matter how important the issue is. But **the BET** is all about simple, inexpensive and fun ways of changinour daily habits for the better. Over the course of the summer the steps of **the BET** became important parts of everyday life on the Caravan. We talked about the importance of eating local and organic foods, and tried as much as possible to cook local and organic foods for the group - not counting our many stops for roadside ice cream. Our big red support bus was a showcase of many of the green technologies that we talked about including solar and wind power generation, a biofuel engine and compact fluorescent light bulbs. And what about our bicycles? We all formed bonds with our trusty steeds, and they were often central in presentations to both kids and adults. In larger cities we staged "critical mass" rides. There is nothing quite like a critical mass to hand out pamphlets and fresh ideas to those caught in rush hour traffic, and maybe show everyone how much more fun it is to

get around on two wheels.

ACROSS CANADA

Balancing out the whirlwind of daily activities was the calm and quiet time spent on the road. Each day began with the simple routine of waking up on the floor of a church or a school gym with thirty other people to the amplified cry of "put on your tights, it's time to save the world!" Then eating, packing, stretching, and finally pushing off for the next destination. Every day on the road was a time to slip into the easy cadence of the bicycle and connect more fully with your friends (new and old), your surroundings, and yourself. I find it hard to describe the feeling of a kiss from a prairie storm when you are parched, finding a mountaintop patch of wild blueberries when you are hungry, or any of the thousands of other revelations that cycling across the country has brought. I know that the experience has made me an activist, as it has for many other people who rode with the Climate Change Caravan. It has heightened my appreciation of what we must protect and strengthened my belief in the power we all have to make conscious change. Ride on!

Check it out! To get the full scoop on the Climate Change Caravan, go to www.mta.ca/climatechangecaravan, and to sign up to **the BET**, check out www.theBET.ca



from www.bikexchange.com

OUR FAVORITE QUOTES ABOUT BICYCLES

From the Atlanta Bicycle Campaign website - www.atlantabike.org

(Our thanks to Bill Strickland for compiling most of these in his book The Quotable Cyclist)

"When I see an adult on a bicycle, I do not despair for the future of the human race."

- H.G. Wells

"Cycling satisfies so many needs. If you're in a gregarious mood, you can go out with a group. OR you can go alone- solo. If you're in an aggressive mood, you can go fast, or if you're tired and want to unwind you can go slow. A bicycle doesn't discriminate in age, either."

- Georgena Terry

"Just as the ideal of classic Greek culture was the most perfect harmony of mind and body, so a human and a bicycle are the perfect synthesis of body and machine."

- Richard Ballantine

"Bicycles are social catalysts that attract a superior category of people."

- Chip Brown, "A Bike and a Prayer"

"Whoever invented the bicycle deserves the thanks of humanity."

- Lord Charles Beresford

"Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel... the picture of free, untrammelled womanhood."

- Susan B. Anthony

YOUR LAST MINUTE GIFT GUIDE FOR CHRISTMAS (OR BIRTHDAYS, BAR MITZVAHS, WEDDINGS, GRADUATIONS.....)

Ok, so you've left it to the last minute this year - and you promised yourself last year you wouldn't do *that* again! Well, have no fear, your local bike shops have just the thing for your favourite bike geek. I nosed around the shops for you and got some great ideas to put under the tree. And you don't have to have a piece of hardware or clothing to put under the tree - remember that cyclists have to eat, so maybe a gift certificate from a pub (like the Windward or Black Bear) would be really appreciated. Cyclists also need to have places to ride so a great gift might be a donation in their name to an organization like the Western Canada Wilderness Committee or Nanaimo Area Land Trust who are working hard to keep some natural places for us and other creatures of this planet. I bet a cyclist would **LOVE** a membership to the GNCC, or a cool "ONE LESS CAR" t-shirt or bike sticker. There you go, your shopping is done! Aren't you glad you receive SpokeLore?



The Bicycle Warehouse have lots of cool stuff. Mark made these suggestions:

\$10 range: those little things cyclists always need like lube, chain oil, bike wrenches, tire levers. How about a headset cover (to protect you if you're about to go nipple surfing) for \$9.00? Gear cleaning brush - \$9.95. Lots of funky horns and bells - \$3 -\$4.

\$10 - \$50 range: Clip on fenders - \$15. Bike radio - \$19.95. Shoe covers are about \$30. BMX gloves run approximately \$40.

\$50 and over: How about a pogo stick! They come in steel or aluminum \$60 - \$70. Or how about a dream tool kit - has everything in a great case for \$140.



Bill at the Realm says they're getting new stock in daily. They suggest tires and tubes (always needed), tools again and how about a nice little Rack Pack by Trekker for \$17. Panniers or bags are always a good choice. Good selection of clothes or how about get-

ting that special someone a bike tuneup?



Jeff at Bastion Cycle had these offerings:

\$10 range: they have the greatest fun valve caps to brighten up any wheel for \$8, also lots of tools.

\$10 - \$50 range: These are cool - Tireflys - light up valve caps that activate when the tire moves. The lights flash and they'll last for 200 hours - \$14.95. They have a large selection of videos in the \$30 - \$40 range. (They also rent videos)

\$50 and over: Awesome light systems out there in a variety of prices. Winter's time to get some nice breathable raingear, pants run \$96 - \$131, a great RainCove rainjacket for \$188.



Ryan at Pacific Rim came up with a good idea - a gift registry! There's a "wish" book in the shop where your favourite cyclist can list the things they want and you can go in and have a look.

No more returns!

\$10 range: Everyone needs ear warmers this time of year for \$9.95

\$10 - \$50 range: There's a great selection of Defeat "technically engineered" socks with some really cool patterns for \$12.95. How about Body Armour - gloves from \$45 - \$50, arm armour runs about \$55.

\$50 and over: A BLT helmet light for \$100 will keep you riding, also lots of clothes to keep you warm.



Bob has a great little place on Fitzwilliam - too many things to mention! Kites, windchimes, gliders, books, retro bikes - how about a unicycle for the cyclist who wants a new challenge? Need to improve your disc golf game? He has "drivers" and "putters" for you.

There's lots of stuff the little kids will love and so will the big kids. I was immediately attracted to the WW1 Biplane kite - and Bob claims it's a great flyer.

