



# KNBC NEWS

www.knbc.ca

October, 2004

## Annual General Meeting

Tuesday, November 9  
Biagio's  
1394 Richmond Road  
(just west of Lincoln Fields Shopping  
Centre; side entrance, downstairs)  
Drinks at 6:30  
Pizza at 7:00  
Meeting at 7:30

Although the season is not yet over, it is already clear that this has been a great season:

- The membership is in the 80s - which is about the same as last year - despite the fact that we had a significant increase in the fees to cover the cost of insurance. Don and his committee have done a great job of promoting the club and Ronald kept us organized with his membership database and analyses.
- There have been a wide variety of rides to suit all levels of riders - and the rides have been very well attended. Many thanks to Stella for all her hard work in once again organizing the program this year.
- Stella also organized the week-long trip to the Niagara region which is a first for the club; by all accounts this was excellent.
- I know many people have grumbled about the poor weather this summer, but for me, cycling when it's in the mid-20s is always preferable to 30+.

---

## Slate for new Executive

The proposed slate of KNBC Board of Directors is:

President	Barrie Kirk
Secretary	Maureen Edwards
Treasurer	Iris Krajcarski
Newsletter	Debbie Wright
Publicity	Don McIntosh
Web Site	Penny Estabrooks
Membership	Ronald Simard
Tours & Brochures	Stella Val
OCA Liaison	Christine Walton
Member at Large	Doug Gilchrist

If you wish to make a nomination for next year's executive or volunteer for a position, please call Barrie Kirk, President, Kanata-Nepean Bicycle Club, 592-6672. Please confirm that the individual you have nominated is willing to let his or her name stand for that position. As further nominations are received the slate will be updated and posted on the website.

See you at the AGM!

Once the season has finished, the next event is the Annual General Meeting (with free pizza) on Tuesday November 9 at Biagio's. This is your opportunity to listen to the reports from the Executive, elect the Executive for the 2005 season - and did I mention free pizza?

See you on the remaining rides and at the AGM.

Barrie Kirk

---

## From the President

It's October, the days are starting to get a bit cooler, and the end of the 2005 biking season is in sight.

---

## Phil and Sandy's Excellent Cycle Adventure

For those of you who have joined the KNBC in the last year or two Sandy and I were in



# KNBC NEWS

[www.knbc.ca](http://www.knbc.ca)

the club for many years until we moved to Montreal last summer. Over the years we fell into the habit of writing up an account of our cycling holidays and putting it in the newsletter. At least for this year, the tradition continues.

This year Sandy and I decided to have an extensive holiday in Belgium and France. We landed at Brussels although we did a half circle around that city. We had been advised, accurately or not, that Brussels was not very bike friendly. Thus we spent much of the first day trying to find our way through a large forest south of the city. At one stage we found ourselves pushing the bike (we have a tandem) through a tunnel which had six inches of mud and horse manure for a floor. Finally we did get through and over the next couple of days made our way to Tournai and Courtrai, two cities which we both liked. Eventually we made Ghent, our first major stop. We stayed three nights and really enjoyed the city with its canals and old buildings. However even better was Brugges just a short bike trip away. Brugges has not had either massive destruction or modernization, consequently almost all of its medieval buildings are intact. This time we stayed two nights. From Brugges it was a short distance to the French border at Dunquerque.

A few observations about Flanders (western Belgium) which is the part we saw - the cycling is very good. In cities most major roads have a separate lane for bicycles. Even in the countryside many minor roads had parallel bike paths but often these paths were not well maintained and we preferred the road. Most canals have beautiful paved paths. These paths are smooth and wide. They are open to cars but we saw very few. Sometimes the signs could have been more numerous and the notices only in Flemish were of no use to us. By the way, a pancake has more bumps than western Flanders.

Once in France, we moved fairly quickly

through the Pas de Calais and Picardy. The countryside is rolling; we had lots of exercise. Since we wanted to cover ground we used main roads. There were no bike paths and sometimes traffic was heavy and fast. At one time, due to my reading a sign a bit too quickly, we actually found ourselves on an autoroute for a few kilometres.

There are military cemeteries and most towns have been almost totally reconstructed after either the First or Second World Wars. One stop was at Vimy Ridge. It is a Canadian national park; the girl who gave us a tour was from Rockland, east of Ottawa. Finally we made Amiens. The cathedral is immense and magnificent with a unique, and free, light show in the evenings. To save time, we took the train to Rouen. Most French trains will take bicycles, but only a limited number can handle tandems. Careful inquiries have to be made at the station and even then there can be disappointments. In Amiens we had our tickets in our hands, but just ten minutes before departure it was announced that the train had been replaced by a bus. We had to wait several hours before there was a train we could use. However the French trainmen are helpful and the bike travels for free on most trains.

Rouen marked the start of our Normandy adventures. Just outside Rouen we crossed the Seine three times in one day on three different free ferries. We discovered the lower Seine is a wide and beautiful river. Just before leaving Canada I had noticed that the rear wheel was not true. There was no time to take it to a bike shop and I had no experience in that sort of repair. I figured that it was not a major problem; we could get by with a bit of a wobble. What it didn't realize was that an untrue wheel leads to wear on the sidewall of the tire. Several kilometres after leaving the last ferry, deep in the heart of a regional forest, we had a tire blowout. We had a spare tube but no spare tire and there wasn't even a village within fifteen kilometres. However



# KNBC NEWS

[www.knbc.ca](http://www.knbc.ca)

a French couple was just leaving the woods after picking mushrooms. Not only did they put the bike in their car and drive us to a bike shop, they then took us to their home, served us a great meal of fresh mushrooms, salad, bread and wine, and then insisted that we stay for the night. Although, even for the French, this was going to extraordinary lengths, we found that the French were almost always pleasant and helpful.

Honfleur is a small gem of a town. The Normandy coast is beautiful but hilly. We cut inland to Caen not for the town itself but to see the Memorial which our guidebook, *The Rough Guide*, said was a must-see museum about the Second World War and after. The book was right. Then up to Bayeux and its famous tapestry. The tapestry is a marvellous bit of propaganda put out to justify the Norman conquest of England in 1066. The presentation is very well done. Bayeux itself was well worth a lookover. We found ourselves staying in a most extraordinary hostel with old wood beams on the ceiling and tapestries on the walls of our room. After two days we left Bayeux only to have another tire blowout ten kilometres outside town. A French woman put us and the bike in her small truck and took us back to Bayeux. We discovered that a chain of French grocery stores actually has a small bike parts section in each store. We picked up a new tire for under eight dollars. Then off to Mont St Michel, the biggest single tourist draw in all of France. The lower shop section was very crowded, but once we made it up to the abbey we found it much more peaceful. Even better, we found a motel a couple of kilometres for the Mont and were able to go back that evening. Everything was very quiet and magical and the lights on the structure produced an effect that Walt Disney could only dream off.

We then entered Brittany and were very happy to find some friends who had cycled

up from Nantes to meet us. One couple, after a very tough first day, had decided to limit their cycling and had rented a car. They very kindly took on the role of sag wagon. Not only did they carry our large panniers, but they even on a very rainy day put all our bikes into their car and carried them to the next town while we caught a bus. Also while we were cycling, they would go ahead and scout out hotels. Brittany is beautiful but hilly; it can also get windy and wet. We shortened the route we had originally planned. However we did get to see St Malo, the interior to the south and west of that town and much of the south coast. We saw both the megaliths at Arnac, the oldest continually inhabited place in all of Europe, and the most attractive medieval town of Quimper. We had an idyllic day picnicking on an island just off the coast.

On our last day of major cycling we went over the bridge at St Nazaire. This was an experience I am not keen to repeat. The bridge reaches a height of over 200 hundred feet above the Loire and the climb and descent are steep. The bike lanes, and there are bike lanes even though it is a very busy bridge with endless cars, are narrow. Also when we went over parts of the car lanes were closed so cars could not move away from us to give us room. Worst of all was the wind, extremely strong and precisely at right angles. More than once I thought that we would be blown right in front of a speeding car. However we made it. Once over there were quiet roads all the way into Nantes and we even were able to squeeze in a last ferry ride, this time back across the Loire. Nantes is a great town. Lots of cycle lanes, good fine arts museum, lovely parks, a great overall ambience. It was a perfect place in which to end the tour. Our last cycling was a short spin out to the airport. For the record; we were gone for about four and a half weeks and did over 1,400 kilometres.

A final word. I would like to encourage everyone to get over to that part of the



world. Bikes travel for free on airplanes. Once there you won't have to pay car rental, car insurance and neither will you have to pay for gas and parking. France is not as cheap as it once was and Belgium is a bit expensive, but with the economies made possible by cycling these parts of Europe are still affordable. Much more important, travelling by bicycle is often the better way to go. You won't cover as much ground of course, but you will see much better the country that you do go through. You will not only see it, you will smell it and feel its wind on your cheek. You will meet some lovely people that you would only notice out of the corner of your eye if you were speeding by in a car. This was our sixth summer of touring by bicycle. We are hoping to keep doing it for many years to come. Try it yourself, maybe start with a week or two of escorted touring (there are several companies in this business) in Canada. You will quickly become hooked.

Phil Shea

---

## Allumette Island Weekend Tour - September 2004

It was a glorious sunset on the Friday night of the weekend tour to Allumette Island, which was the start of a glorious weekend. By sunset, Don and Morie had already arrived at Dave's cottage - Dave had given Don the key so he found and unlocked the cottage and proceeded to put up KNBC signs so the rest of us would not get lost. Morie arrived in time to sit on the beach and enjoy the sunset and neighbouring dogs. Mike, Stella, Diane and Dave arrived after dark and before long the campfire was burning on the beach as we roasted marshmallows - a relaxing way to start the weekend.

Diane had the coffee brewing and was cooking eggs by the time I made it into the

cottage the next morning from the tent. After a leisurely breakfast in the spacious cottage, we followed Dave in cars to the beginning of Saturday's ride. We hadn't cycled long before it became apparent that there were two natural groups - "us" in the back and "them" in the front! We stayed together - more or less - until the lunch stop in Eganville. The scenery was bucolic - cows grazing on green pastures that draped the rolling hills. (I use the word bucolic with tongue in cheek - I first came across it when reading a trail guide which had obviously been translated from French to English but I have never heard it used in everyday conversation.) Eganville had the cheapest Freshmart I have been in for at least a decade - everything seemed to be half the price one would pay in Ottawa. We each stocked up on lunch for ourselves and some to share, so I, for one, ate too much. However, we did not stop too long as the wind was bitter.

After lunch "they" - the three that were always ahead - went on an extra loop near the Bonnechere Caves, while Diane, Mike and I continued the loop past Lac Dore. It was pretty, and we found a park by the lake for a break mid-way and enjoyed the largest lake in the world that does not have an island. It was good to get back to the cars and the hot shower felt great, followed by a glass of wine. As the sun was going down, we went for a walk up the beach checking out all the cottages before going back into Pembroke for supper. Later, we had another campfire, this time wrapped in blankets, and watched the planes passing high overhead on their northerly route to Europe.

Dave provided a really good breakfast again on Sunday, and then we cycled from the cottage through Pembroke, where we admired the murals, to Petawawa. This ride had lots of views of the river, and lovely houses, and then in the park in Petawawa we had a phenomenal view of the river. All the little islands, the deep blue sky and a hint of red in the trees certainly



helped. We had another picnic before cycling back on different roads. We rewarded ourselves with ice cream in Pembroke and were soon back at the cottage saying good-bye as we loaded our bikes on cars for the return journey to Ottawa.

Thanks go to Dave for all the planning of superb routes, and for the use of his cottage with its beautiful views. It was a truly glorious weekend!

Stella Val

---

## Our Wine Run, August 2004

by "The Three Wine Pirate of Niagara"

This wine extravaganza took place during the fantastic tour of Niagara Region offered by the KNBC this past August - featuring lovely routes that were very well researched by Stella Val. Thank you so much for giving us this trip in such an organized fashion! In addition to the planned stops at wineries (Stone Church, Konzelmann Estate, Hernder Estate, and Henry of Pelham) selected by our intrepid tour leader, Stella, some of us (the three authors, plus some others too) visited a few extra wineries along the way. Below is a little summary for your enjoyment. Typically Diane was the red wine taster, and Dave and Morie tried the whites, in the tasting notes given below. In general, wineries in Niagara on the Lake feature a charge to taste, and the others outside this region give a selection of four complimentary wine tastings (charge or not is noted below for each winery.) The \*\*\* indicate our favourites.

Note that by sampling just a few sips of each wine followed by several kilometers of cycling plus adequate water in between, we managed to stave off any undue inebriation without incident! The toughest time was

actually on the first day, navigating those barriers along the Welland canal after a stop at the marina terrace bar (which was not even a winery tour stop!)

\*\*\*Chateau des Charmes (Niagara on the Lake) We had a nice selection of individual samples here, animated professionally by Chris on staff. The Chardonnays are the specialty here, and very tasty. *There is a charge for all tastings.* The silver labels are available in the LCBO and make for light, easy drinking. The road construction along the escarpment made for a challenge getting to and from the majestic property at this winery, which featured a large stone terrace, covered, for sitting out next to a vast stretch of vineyard. The building was also very majestic and impressive.

\*\*\*Peller Estates (Niagara on the Lake) We quickly took in a flight of 5 wines here, including a Riesling, a Gewurtz, and a Chardonnay, followed by two reds (a Cab, a Merlot.) All were very respectable and solid. Enjoyed in haste! *There was a charge for the tasting flight.* The dining room was formal and impressive. It looked wonderful for a special meal. The architecture here was imposing and impressive, in the same vein as Chateau-des-Charmes, a nearby neighbour. Memories of France! This winery also had bicycle parking.

Strewn (Niagara on the Lake) - Smaller in scale than Peller or Chateau des Charmes, but still with a formal quality - the tasting room was spacious. Tried an American Oak Chardonnay from premier selection - was unusual, but not as easy on the palate as the whites sampled from the above two previous wineries, which were the stellar ones for Chardonnay in our experience. *A charge was required for tastings here.*

\*Konzelmann Estate (Niagara on the Lake) The entire KNBC tour group enjoyed a formal tour here, animated well by our hostess. We learned about the history of the winery (which was moved from Germany,)



and the family (a bit tragic,) plus some general points about the process of making wine, and of course, a tasting selection at the end (*included in the tour price.*) Thanks go to Doug for transporting the group's purchases. The property has lovely view of Lake Ontario across the Vineyards which provided a perfect photo-op spot; this winery espouses pesticide-free growing.

**\*\*\*Stonechurch Vineyards** (Niagara on the Lake) Official tour stop for the KNBC for "Wine Down Time" from 5-7 pm, this winery had a super ambiance with light jazz music and a welcoming, large interior. There was a little ante room café with a stained glass window picturing a wine bottle and grapes. Outside was a pathway through the vineyard, with a corridor of hanging plants leading to the building from the parking area. Very pretty, and it had a nice selection of wine items and accessories for sale. A Muscat and a Chardonnay in the whites, and Cab-Merlot in the reds, were memorable tastings. Thanks again to Doug for transporting the groups' purchases. Morie and Diane liked it so much, they went back the next day for another round. *There's a charge for tastings here, but it was well worth the price.*

**\*Cave Spring Cellars** (Jordan / Vineland) Tasting was actually performed in a cave-like atmosphere in the basement, as per the name, in a room with stone walls. The modest-sized establishment is off the main street in Jordan, which is fairly touristy. The building was under renovation upstairs. The wines were fairly solid; we tried the standard fare of Chardonnay, Riesling, and Syrah. *A charge is required for tastings.*

**\*\*Creekside Estate** (Jordan Station) - A homey and fun atmosphere here plus it featured a nice souvenir wine glass, and a tasty Pinot Gris, for a light refreshing summertime white. The Laura's blend Meritage was excellent. The building was reminiscent of a mobile home trailer in shape, and was situated a ways off the main road. Signage was good, so you can't miss it

(or shouldn't!) *Tastings here were complimentary.*

**\*Flat Rock Cellars** (South of Jordan) - was still under construction, so no tastings yet. A lovely architecture however, raised up above the vineyard. All-glass picture-window walls made for an open view across the vineyard in the tasting room. The adjacent manufacturing building where the wines will be produced was reminiscent of an eastern temple architecture. This winery should be visited again next year. Note: the rocks in the long driveway leading to the property were not very flat on a bicycle!

**Harvest Estate** (St Catherine's) - wine samples in plastic medicine cups detracted from the ambiance a tad. It is a sister business to Hernder, residing in a shopping complex where we found good lunch fare (pizza) and nice pewter jewelry (grape cluster pin, souvenir of the region.) Featured specialties are fruit wines. *Complimentary tastings.*

**\*\*Hernder Estate** (South of St Catherine's) - had some award winning whites, plus a lovely property with fountain and covered bridge, and a life-sized doll behind the counter - a distinguished fellow with a Hernder Estates blazer on. *Hernder offered 4 free tastings - a good deal!* Thanks a third time to Doug for transporting the groups' purchases.

**\*Henry of Pelham** (South of St Catherine's) - Tasting room here is in a semi-basement giving a wine cellar feel. The Baco Noir is superb! Barnyard notes are not that strong, contrary to the grape's usual reputation. The reds were memorable here more so than the whites. There is a café attached where some of the KNBC group had lunch. *A charge is required here for tastings.*

**\*Angels Gate** (Beamsville) - Beautiful property with a south-west feel architecture and indeed, a nice gate. Also featured a large patio which served food.



Grounds had lovely gardens, and a majestic tasting room area with high ceilings. We did not hit on any stellar wines in our tasting choices, but *tastings were complimentary*.

**\*Thirty Bench** (Beamsville) - A homey feel and nice view of the vineyard from inside the tasting and souvenir area. The medium-dry sherry was a special favorite here. One of us bought a bottle as a gift, and wishes to have bought one for home too! It is just down the road from Angels Gate, and also offered complimentary tastings. Thirty Bench was known to us by reputation, perhaps from consignment offerings at restaurants, as they don't sell to the LCBO. *Complimentary tasting of 4 selections.*

**Magnotta** (Beamsville) - Features fruit wines mostly, and is located off the North Service Road of the QEW. We saw (and tried) some (very sour) green wild grapes growing along the fence on this service road along the QEW. *Complimentary tastings.*

Missed, but to visit next time:  
**Inniskillin, Reif Estate, Jackson-Triggs, Hillebrand Estates, & Coyote's Run Estate** in Niagara on the Lake. (Eastern end.)  
**Kittling Ridge** in Grimsby (Western end)  
**Reference:** Wine Route Map 2004, Wineries of Ontario, [www.winesofontario.com](http://www.winesofontario.com)

Morie Malowany  
Diane Dupuis  
Dave Audette

---

## **Morie's Weekend Tour to Calabogie, August 2004**

Saturday, August 7 dawned sort of grey with Environment Canada forecasting a sixty percent chance of showers. But it was the first day of Morie's tour to Calabogie and the group met at the Kanata Town Centre as planned. Morie had made plenty of preparations, having driven the route recently. Also she provided us with colour

photocopies of the map, a first ever, to my knowledge.

Morie had also planned the first part of the ride, to Pakenham, by a different route than the one I would have expected. We rode along Richardson Side Road, Beavertail Road, Old Almonte Road, Upper Dwyer Hill Road and March Road into Almonte. Then we headed northwest through Blakeney and on to Pakenham. Altogether more interesting than the route through Carp along Carp Road then left on Kinburn Side Road into Pakenham that I know best. At the Pakenham General Store we met two more cyclists, Jim and Terry, two guys about my age who were on their way to a Cottage near Burnstown. Jim and Terry rode with us from Pakenham through White Lake and on till Burnstown. I gave each of them a Kanata-Nepean Bicycle Club card so perhaps we'll see them as members later on.

At Burnstown we stopped for lunch, a late one in my opinion, in mid afternoon. But I usually just stick with the tour leader's plans and nobody else seemed to think lunch was late. Anyway, the slight pain in my quadriceps I had noticed since Pakenham was due to lack of training, not lack of lunch. I had started nursing my legs along by shifting down really early on the up hills and coasting on the down hills. For lunch, I economized with a sandwich I had been toting, roast beef with mayo and lettuce on pumpkin spice bread. The others had something to eat from the Blackbird Café.

The stretch along the road from Burnstown to Calabogie was beautiful, right down by the Madawaska River. We stopped at a picnic site to rest and enjoy the scenery and I took the opportunity to put some sun-heated rocks on my thighs, half in jest, but half in hopes that the heat might actually do some good.

Grant's Bed and Breakfast turned out to be at a beautiful spot on Calabogie Lake and



# KNBC NEWS

[www.knbc.ca](http://www.knbc.ca)

most of us went for a swim. Inside, the B and B wasn't gorgeous but it was clean and economical and the restaurant at the Calabogie Highland Golf Course was just a short walk away. We had reservations for dinner at 7:00 but we were kind of late, due perhaps, to consumption of bottles of wine Morie had purchased and driven up beforehand. Colour maps and wine too! Morie, you're too kind, really! Also, there was a delay when three of us had showers which we took one at a time in spite of the wine.

In the morning, we had a delicious breakfast of pancakes, sausage, bacon, fresh muffins, strawberries, orange juice and coffee all prepared by Grant himself. Morie asked about the flag that was flying from one corner of the building. Apparently it's a Sri Lankan flag that Grant flies in honour of a Sri Lankan child he sponsors.

On the return part of the trip I was still nursing my legs along and walked up a hill before we got to Hopetown. I figured that if I ignored my lack of physical conditioning and was as gung ho as normal, I'd never make it back to Ottawa. Sue Monaghan passed me, riding, and said she was surprised at me and that she had thought I was indestructible. So now there's a witness to my destructibility. In Hopetown, we parked our bikes against a big blue cylindrical tank and went into the general store for a bite to eat.

I recognized the road we were travelling on from there to Almonte as the one Les Humphreys lives on. Les is the president of the Almonte Bicycle Club and someone I have ridden with in the past. His picture has appeared of late on the cover of Fifty-Five Plus magazine. I was in the lead (no hills) so I kept my eyes peeled in hopes of recognizing his house or mailbox. Sure enough, about two clicks from Almonte there was the house and Les himself was out on his lawn. I teased him about his new status as a celebrity and introduced him to

some of the other cyclists. After a few minutes at Les's we pressed on to the Tim Horton's at the other side of Almonte. There, I discovered my wallet missing. I remembered taking it out of my pack along with my keys in Hopetown and figured I had left it at the general store. Since I must have unlocked my bike before I left, I figured I had taken it out of the general store along with my keys and it was probably on or beside the big blue tank. Morie's tour description included the phone number for the Hopetown General Store and she lent me her cell phone to call them up. But they said there was no wallet out at the tank. So Morie and Sue lent me some money, Sue lent me a light in case I was still riding after dark and I headed back towards Hopetown. I had plans to ask for a lift from Les on the way past his place. The rest of the group continued towards Kanata and the Cheshire Cat, a famous Kanata-Nepean Bicycle Club watering hole at the corner of Carp Road and Richardson Side Road. To make a long story short, I did get a lift from Les and the wallet was there on top of the tank. Perhaps the people I talked to at the store thought I meant some other tank, or they didn't really look very carefully because there were five people lined up at the cash register. Back at Les's place I called Morie's cell phone. The group was just about at the Cheshire Cat. So I took off after them, though not till I'd spent another fifteen minutes chatting with Les. I got an explanation for the moniker we're known by in other clubs. Apparently they call us the Munchy Scrunchy Bunch because we stop to eat a lot and ride mountain bikes on gravel! Boy, are they out of date! It's rare to find a club member who won't ride miles out of the way to avoid a bit of gravel these days. But at last, I left and just past Almonte, turned right onto Appleton Side Road and then left onto Old Almonte Road, to ride on gravel for 6 or 7 kilometres. I could have avoided it, but I like the little country roads. The worse the road the prettier the scenery and the lighter the traffic.



I caught up with the rest of the group at the Cheshire cat by bicycle, but remained behind them by one beer. We had dinner there and then headed along Richardson Side Road towards Kanata, splitting up at Huntmar with half of us turning right and the rest riding up the hill (walking in my case) and on to our homes.

In summary, it was a great trip along some pleasant roads in some very pretty country. Sometimes the sky looked threatening, but we didn't get any rain other than a light sprinkle at the beginning of the first day. When we left the bed and breakfast, Morie gave Grant the unopened bottle of wine we didn't drink, but he said he'd save it so we could drink it next year. I'll be surprised if it's still there by then, but this trip really would be an excellent annual event. Thanks to Morie for organizing it.

Don McIntosh

---

## **From the Editor**

Just back from a trip to Italy, I can really relate to Phil's article describing his European experience, not to mention Morie, Diane and Dave's recounting of wine tasting! Alas, although mine was not a cycling vacation, I find during these non-cycling holidays, I am keenly aware of anything and everything related to cycling. On the very first day in Tuscany, walking from the villa to the little town of Vinci (where Leonardo was born), I noticed cyclists galore. Mostly large groups of men of all ages in colourful cycling gear, the young ones at the front and older ones at the back; it was a pleasant introduction to the country! I did notice some women on bikes as well; a man and woman on mountain bikes on this same first day, and in Florence, numerous women, often in office dress and cycling with high heels! Brave women they are to cycle in that city. The back seat of my friend's rented car

still bears the impression that my nails left.

From the Leonardo di Vinci museum I have a photo of myself along side one of Leonard's many inventions - a bike with wooden tires; talk about a rough ride! I also recall seeing a number of brave cyclists descending narrow, twisty roads near dusk one day and hoped that they made it to the bottom as we raced by in our rented car. Funny thing about driving with certain Canadians in Italy, when they get behind the wheel they become Mario Andretti, justifying this behaviour with "when in Rome". Speaking of Rome, I did not notice many cyclists in that city and, lets face it, Venice was just too darned wet for cycling. The countryside was the place for cycling, on rolling hills alongside vineyards and olive trees.

Thank you to all our contributors for this edition. We all lead hectic, busy lives and I truly appreciate the effort it takes to write these articles. Special thanks to Phil and Sandy Shea for keeping in touch and sharing their most recent adventure through this newsletter!

See you at the AGM ... pizza and perhaps a glass of red wine will once again bring back memories of Italy!

Debbie Wright