

CHAINMAIL

Winter 2006

The newsletter of Citizens for Safe Cycling
Volume 22 Issue 1

\$2.00 Value



CfSC's first Winter Cycling Course in January 2006 was great! Lead Instructor Graydon Patterson, third from right, poses with other course participants outside the Somerset Street Community Police Centre.

President's Report

By Charles Akben-Marchand

I am extremely pleased at the amount of work that has been done at CfSC. If CfSC were a house, we'd be almost done re-building a solid foundation, and getting ready to work on the fun stuff.

Our treasurer, Delmi Reyes Paz, has been essential to this process. She has spent many hours every week sorting out the last two years' worth of finances – years where we had no treasurer to oversee things. Now, the Board is able to look at the 2005 figures and confidently make decisions for 2006.

Brett Delmage, who worked as tirelessly as I do today when he was president during the 1990s, is doing the same thing for our Information Technology. Brett's meticulous effort ensures that our computer systems work properly, and that changes don't bring unexpected surprises – surprises that keep our staff from doing their jobs.

Those are just two of the many people without whom CfSC's work wouldn't get done. There are also our two Staff, Patrick and Linda, our many instructors, and the volunteers listed on page 3.

The new committee structure (see page 8) is working just as I hoped it would. In the first few Board meetings after the AGM, too much time was wasted discussing complicated issues. Now they can be dealt with at the committee level, without occupying the entire Board's time. Board meetings are getting shorter and we're getting more things done thanks to committees.

I've also been guilty of stretching myself far for CfSC – I guess it helps to be CfSC's youngest (yet nearly longest-serving) volunteer. Bit by bit, I've been able to find willing volunteers to do what I had been doing – like our new Chain Mail editors, Kitty and Mimi.

I've learned a lot of skills that will serve me in the future.

The City has finally confirmed they will be renewing the contract for 2006. Unfortunately, this is the last year of our contract, so we'll need lots of help to make sure the Promotion & Education programs will still have funding after this year.

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Chain Mail is published by Citizens for Safe Cycling, the non-profit association that promotes cycling as a viable means of transportation in Ottawa by advocating:

- **Acceptance** of the responsible cyclist as a legitimate road user,
- **Education** of all cyclists to improve riding and traffic skills, and of other road users to accommodate cyclist traffic as part of their normal driving skills,
- **Improved** engineering to facilitate cyclist traffic, such as proper traffic control systems, adequate lane width, and sufficient parking,
- **Legislation** that is effective and enforced, and
- **Representation** of cycling issues to all levels of government.

Opinions expressed in *Chain Mail* are those of the authors and do not necessarily reflect those of CfSC, its board, or its members. Reproduction is permitted provided both author and source credits are given.

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Contributions are welcome. Text may be edited for style, length and clarity. Please send submissions to editor@cfsc.ottawa.on.ca
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Deadline for next issue: April 30.

The 2005-2006 board is:

- President:** Charles Akben-Marchand
- Vice-president:** Manny Agulnik
- Secretary:** [vacant]
- Treasurer:** Delmi Reyes Paz
- Directors at Large:** John Calvert, Brett Delmage, Ron McKinnon, John Stevenson, Nancy Sunderland, Tom Trottier

Board members can be reached through CfSC at (613) 722-4454 or cfsc@cfsc.ottawa.on.ca.

The CfSC Board meets monthly on Monday nights at 19:00. All interested members are welcome to attend. Contact secretary@cfsc.ottawa.on.ca for time and place.

For inquiries about CfSC memberships, contact CfSC's Membership Administrator at membership@cfsc.ottawa.on.ca.

CfSC operates the Cycling Promotion and Cycling Education Programs from the office at 251 Bank Street, Suite 504, Ottawa, ON K2P 1X3

For cycling promotion information, call (613) 567-1288 or promo@cfsc.ottawa.on.ca.

For CAN-BIKE course information, call (613) 567-1288 or education@cfsc.ottawa.on.ca

Have you seen?

Even though the city streets of Ottawa have been relatively dry this winter, allowing hearty year-round cyclers to keep their wheels on the road, the Editors have come up with the following suggestions for flicks to keep the rest of our wheels spinning:

- Breaking Away (1979)
- American Flyers (1985)
- Pee Wee's Big Adventure (1985)
- Cyclomania (2001)
- Cycling: Still The Greatest (1980)
- 60 Cycles (1965)



Bike Store Discounts

These stores give discounts to card-carrying CfSC members, as a part of the Corporate Membership Program. Some restrictions may apply.

We will need one or more motivated volunteers to get bike stores to sign on as Corporate members for 2006. This includes ones already listed. Contact CfSC if interested.

The Cyclery
 1073 Bank Street
 - 10% off parts and accessories

Joe Mamma Urban Cycles
 216 Pretoria (at Bank)
 - 10% off parts and accessories

McCrank's Cycles
 889 Bank Street
 - 10% off parts and accessories



Westboro Sports Centre
 327 Richmond Road
 - 10% off parts and accessories

Tommy & Lefebvre Stores
 464 Bank Street,
 2206 Carling Ave,
 499 Terry Fox Drive,
 2615 Lancaster Road,
 Unit 107B, 250 Centrum Blvd (Orleans)
 - 10% off regular price cycling clothing and accessories


 Fresh Air Experience
 1291 Wellington Street
 - 10% off parts, accessories, and clothing; 5% off bikes

Note: **MEC** and **CycleLogic** are CfSC corporate members, but are unable to offer discounts.



Winter Fun at the re-Cycles Co-op

By Mark Rehder

re-Cycles Bicycle Co-Op Director

Many of you reading this have no doubt put your bikes away until Spring, but there are a growing number of people that are continuing to ride through the winter. No need to fire up the Earth-burner for that trip to the library, or stand around with numb feet waiting for a bus on a cold day - with your Winter bike you get where you need to go, and give yourself some always-needed exercise at the same time.


But winter cycling can be tough on your bike. Slush builds up and freezes, holding road salt against your frame and components, while the salt also tries to work its way into every bearing surface. Not to mention moisture getting into the cable housings, only to freeze your

shifting, or your brakes! These things can be mitigated by regular maintenance. Your nice three-season bike can often go a long time with only some lube on the chain, but your Winter steed needs a bit more attention to be kept happy and functional.

This is where the re-Cycles Bicycle Co-op comes in, as we remain open throughout the Winter to serve the growing winter cycling community. The shop is open Tuesday and Thursday evenings from 6 p.m. to 10 p.m., and starting in March, we'll be back open on Wednesday evenings too. You can bring your mucky bike in, do some work on those gritty spots, lube the chain and cables, and you're ready for more slushy

fun! The shop is always run by one of our friendly volunteer mechanics, who is there to guide you along if you need the help.

The cost for using the shop is \$5 per hour, or you can take advantage of our hour-for-hour deal: for every hour you volunteer with us you can earn a free hour to work on your own bike! That way we get our donated bikes worked on (the sale of which pays most of our rent) and you continue to get a well-equipped place on which to work on your own bike.

For help finding our slightly hidden shop at 112 Nelson Street in Lowertown, visit our website at www.flora.org/re-Cycles. 

The re-Cycles Bicycle Co-op is a working group of OPIRG-Carleton


Help re-Cycles help other cyclists!

re-Cycles Bicycle Co-op

The re-Cycles Bicycle Co-op is looking to turn interested people into **Shop Assistants**, to assist our Head Mechanics in running each shift.

You don't need to have major bike repair skills, but an ability to answer inquiries, help someone purchase a bike, and just give a hand in general would go a long way to making things run more smoothly during our upcoming busy season. If you do feel somewhat deficient in your repair skills, you can learn from others as you go along. Who knows, you could one day become a Head Mechanic yourself! The co-op needs to be open more often to meet demand, and we need more regular volunteers to make that happen.

The re-Cycles co-op is completely volunteer-run, and we have a core team that keeps the place operating. Our Head Mechanics take turns running the shifts, backed up by a small support group doing administrative work, scheduling, the website, etc. If you like bikes, and like to be around people that like bikes, then think about becoming a part of the re-Cycles team!

Drop by whenever we are open (see article above), or contact re-cyclesvolunteer@flora.org (type "volunteer" into the subject heading to get past our spam filters). 

Thanks...

...to people who have volunteered for CfSC since the last *Chain Mail* came out:

- Alayne
- Brian
- Bruce
- Cathy
- Dave
- Glen
- Jody
- Mark
- Kate
- Kitty
- Mimi
- Ross
- Vic

Plus our instructors, board members, and other people who have taken the initiative to promote safe cycling on their own!

RCAC Update

By Tom Trottier
CfSC's RCAC Representative

This year's Roads and Cycling Advisory Committee (RCAC) met for the first time in January. Most of the meeting was spent getting to know each other and getting organized. We deferred electing a Chair until the next meeting.


The Draft Cycling Plan and the city staff comments on it is scheduled to be presented to the city council Transportation Committee on

Wednesday, March 1st at 9:30 a.m., though it may be further delayed.

(If you want to comment on the plan as a CfSC representative or personally, contact cfsc@cfsc.ottawa.on.ca or (613) 722-4454 and we'll help you make your message clear.)

The RCAC has two sub-committees, which will have met by the time *Chain Mail* has come out. I will be attending the Safety and Education (S&E) sub-committee, which will discuss the

2006 work plan. The other subcommittee is the Infrastructure subcommittee.

The next RCAC meeting is Monday March 20 at 7:00 p.m. in the Colonel By Room at City Hall. All are welcome to attend. 

Tom Trottier is a CfSC Board Member and represents CfSC on the City's Roads and Cycling Advisory Committee. City committee minutes and agendas are available at www.ottawa.ca

It's only February but...

By Linda Ullyett
CfSC Education Coordinator

...it's never too early to think about cycling and cycling instructors! Instructor development workshops are in full swing, and we've set the dates for CAN-BIKE II courses, which you must take (once) if you want to teach for CfSC.


Even if you're only thinking about becoming an instructor, I welcome your enquiries and musings. You can come up to the office to talk to me about what it takes to become a cycling instructor and/or you can attend one of our monthly instructor workshops.

These workshops are offered as supplementary learning opportunities for our instructors. No matter your experience, you can always learn from other instructors' experiences, and share your own.

This year, we're exploring basic bike mechanics (January); first aid as it applies to cycling (February); and teaching kids (March). Kids cycling courses present unique teaching challenges and together we will be creating a toolkit of ideas for you the instructor.

The best things about these workshops, aside from the pizza and tahboui, are that we don't have to go far from our own roster of instructors:

Frank McGregor is a cycling paramedic – who better to talk about cycling injuries?

Elyse McCann is the former director of the Ottawa Children's Safety Village – anyone who has seen her in action knows the magic she works with kids on bikes. 

If you want to feed your hunger for teaching, contact Linda at (613) 567-1288 or education@cfsc.ottawa.on.ca

Tonight on my way home from rehearsal I stopped at a light, and the cyclist that had been behind me came up beside me. He looked like he was going to run the light after the next car cleared the intersection (Laurier and Metcalfe), but paused. He looked over at me with a bit of sheepish grin and said "It's not really worth it, is it?" to which I replied "Well, if it was 2:00am and not a car in sight then one could be excused. But to do so in front of traffic means we can never complain about bad motorists." He agreed...

– Mark Rehder


Winter: The New Cycling Season

By Linda Ulyett
CfSC Education Coordinator

Ninety Ottawa cyclists have received and exchanged winter cycling information at one of the six seminars CfSC gave around town this winter season. The first seminar was in early November with a talk sponsored by MEC. Since then, we've wheeled our way into the Treasury Board, Industry Canada, Canada Post and the Carleton University Ravenbike Collective. The season ended, appropriately enough, at MEC on February 1.

Of the ninety hardy souls, seven participated in our unique on-road winter cycling course at the beginning of January on what was an ideal day. No, not clear roads, just enough of everything to make it interesting and full of teachable moments. According to all reports, it worked. A comment from one participant said, "It gave me a lot more confidence about being on the road and about taking my space in the lane." Many thanks to Graydon Patterson for running

with this idea back in September and to Brad Shapansky and Juergen Weichert for helping out that day.

Presenters focused on the person, the bike and the road, and we have lots of information for those still wanting. Come on up and visit us sometime! We'll throw in a free retroreflective treat! 

If you missed these seminars and still want information on Winter Cycling, please contact CfSC at (613) 567-1288 or education@cfsc.ottawa.on.ca

Winter Cycling Comes Full Circle!

By John Stevenson
CfSC Director


I grew up in Victoria, B.C., where cycling has always been year-round. I used to cycle to school. When it snowed it was usually about 5 cm deep, but wet so it would pack well, making a reasonable surface of the unsalted roads for my coaster bike.

When I moved east to Montreal in the early 1950s, it seemed strange that people put their bikes away for the winter. Some of my neighbours even put their cars

away for the winter! Here it made sense to put your bike away for the winter, so I followed suit.

When I moved to Ottawa in 1969, I would ride to work until Christmas, get a bus pass for January and February, then start again March first. In February 1997, there was little snow so I cycled to work. January 1997 was when I bought my last bus pass, and have been a winter cyclist ever since.

I think what turned the tide on winter cycling was the mountain bike. With its aggressive tread, wide tires, and low gears, it handled well in snow. With the development of the hybrid, winter riding was less tiring, although it did not handle as well in snow (though certainly much better than the old ten-speeds!) I currently ride a hybrid bike. Since I am a fair weather winter cyclist, the hybrid is fine for me.

When I took CfSC's winter cycling course this past January, I felt winter cycling had come of age in Ottawa. It was quite exciting. 

Advertise in CHAIN MAIL

Reach Ottawa cyclists! Get your business card-sized ad (2"x4") in *Chain Mail* for only \$20. Funds go towards reducing the overall cost of publishing *Chain Mail*.

For more information, contact editor@cfsc.ottawa.on.ca, or leave a voicemail message at (613) 722-4454.

CfSC Office Wish List

Thanks to the donor who wishes to remain anonymous!

Here's what we'd like to get our hands on now:

- Digital camera
- Dolly
- Markers - any color, any size
- Wrench, pliers, measuring tape
- Portfolio style carrying case for three-sided booth display - approx size 30" x 36" x 4"
- Wall mount pencil sharpener

Cycling on the Rideau Canal

CfSC would like to remind its members – and all cyclists – that cycling on the Rideau Canal Skateway is strictly prohibited.

The National Capital Commission (NCC) has strict regulations regarding safety on the canal, and cyclists are asked to keep off the ice. Vehicles of any kind are not allowed on the canal without a permit, and bicycles – as vehicles – are included in this interdiction.

With the random motions of skaters, cycling on the canal is akin to sidewalk cycling and can prove hazardous.

Please consider using the Queen Elizabeth and Colonel By parkways, and enjoy the winter! 🚲

NCC's Information Line is
(613) 239-5000.

Help Wanted

Alcatel Sunday Bikedays Booth Coordinator

We need a dedicated volunteer to coordinate the materials and volunteers for the CfSC booth on the Alcatel Sunday Bikedays this summer.

Contact Patrick Wray at
promo@cfsc.ottawa.on.ca or
(613) 567-1288 if interested.

President's Report

(continued from page 1)

As for the membership side of the organization, which manages a much smaller budget, it looks like we'll have to run a deficit budget this year while we finish cleaning up after two years of chaos. Hopefully our investments will lead to more people joining CfSC. However, even with that, there is a fiscal phenomenon that occurs with two-year renewals: since not everybody renews every year, our revenues from memberships are lower in even-numbered years (2004, 2006) than in odd-numbered ones (2003, 2005). On top of that, people who renew for two years tend to donate more, making this gap wider. If your membership is expiring this year, I encourage you to renew for two years. If your membership doesn't expire until 2007, consider making an extra donation.

You can also help in a non-financial way, which is even more needed. You can volunteer with the Advocacy & Membership Committee to help us get more members, and help organize fun events for our members. You can do this simply by mailing or e-mailing us (CfSC@CfSC.ottawa.on.ca) with your ideas. What do you think of what CfSC does already? What activities do you think CfSC should do? What made you want to join CfSC? When we know the answers of people who have already joined,

we can focus on those things to attract new members. Plus, it gives us important feedback from you, our members.

I'm proud that the Board has expanded the Membership Committee's mandate to include advocacy, which had no organizing body previously. Now we can work on membership development, and tie that into things that we are doing in Ottawa to represent CfSC members and cyclists in general. It's been about 15 years since CfSC last considered new policies, and there are a lot of issues to be tackled.

The committee's best organizing tool has been the website <http://viki.gedris.org/wiki/CfSC>, maintained by former CfSC Director Vic Gedris, who now lives in Toronto. Because it is a Wiki – a type of webpage that anyone can edit on the spot – and the changes happen immediately, it makes collaborative editing very easy. When I use it to draft Chain Mail's articles, for example, people can see whether there's something missing – and add it themselves right then!

It's never been easier to get involved with CfSC. Visit the Viki, come to a board or committee meeting, or let us know how you'd like to help! All of our volunteers are recognized right here in Chain Mail, and after all, cycling's fun! 🚲



CfSC's Policies: Your Opinion is 'Critical'

By Charles Akben-Marchand

One of the important ways that CfSC represents its members is through its policies. When CfSC has an official policy, we can use that as a base to make decisions, and also to refer to when discussing issues with the media and members of the public. They also help in setting guidelines for how CfSC operates.

CfSC has policies on a number of topics, including sidewalk cycling, bicycle helmet legislation, and light rail. However, there has been no new formal policy created or changes made to existing ones for a number of years...until now.

CfSC's committees prepare the policies for the Board to vote on. The Administrative Management Committee is working to consolidate all of CfSC's existing policies and other important documents. The other committees are discussing new topics and will present draft policies to the Board of Directors for approval. The three most prominent on the Advocacy & Membership

Committee's agenda for the upcoming months are Critical Mass, Cycling on the Rideau Canal Skateway, and Volunteer Recognition. The latter two will be easy to develop: cycling on the Rideau Canal Skateway is illegal, and it will be easy to contact CfSC volunteers to have input in the volunteer recognition policy.

But the Critical Mass policy will need more input from members. These rides, which occur in hundreds of cities worldwide, aim to create a presence for bicycles. They, like CfSC, want people to know that bicycles are vehicles, too. But there is controversy: in some cities, people ride unsafely or illegally; also, these rides can dominate the street, whereas CfSC supports sharing the roads.

Until recently, there have not been any regular Critical Mass rides in Ottawa. CfSC's Critical Mass policy, the entire text of which is "CfSC does not support or endorse any unlawful cycling behaviour which can endanger lives," was based on

the above assumptions about Critical Mass rides in other cities.

However, recently started Critical Mass rides have been polite, law-abiding, and road sharing, and the riders want to keep it that way. We should revisit the question, and so it comes to you, our members.

CfSC needs a position on all group rides, not just those labelled "Critical Mass". The policy should not make blanket assumptions about the behaviour of the riders, but instead list which conditions must be met for CfSC to endorse such rides.

Send your comments on this or any other policy to cfsc@cfsc.ottawa.on.ca or come to the next committee meeting (see Committee list on page eight). 

Critical Mass gathers on the last Friday of the month at 5:00 pm at Confederation Park. More information is available at <http://ottawacriticalmass.blogspot.com>

Time To Renew?

If your membership has expired or expires in the next 3 months, you should renew soon. Member cards for renewing members are sent out with each mailing, usually every two months. You can send updated contact information to membership@cfsc.ottawa.on.ca

Send your completed form with payment to:

Citizens for Safe Cycling
Box 248, Station B
Ottawa, ON K1P 6C4

Name: _____

Address: _____

City: _____ Prov: _____ Post Code: _____

Phone: H: _____ W: _____

E-mail: _____

New Member Renewing

Please select one membership option:

Individual: 1 Year (\$20) 2 Years (\$35)
Household*: 1 Year (\$25)* 2 Years (\$45)*
Low Income: 1 Year (\$10)

Please send me information on volunteering
 Send mailings by e-mail when possible

My **additional contribution** of \$ _____ to assist CfSC volunteers with their work is enclosed.

Any cycling comments/concerns? _____

*Household Memberships Only:

2nd Member's Name: _____

2nd Member's E-Mail: _____

www.cfsc.ottawa.on.ca

Board and Committee Meetings

A great way to learn about CfSC is to come to one of the Board or committee meetings. The Board meets on the second Monday of each month at 7:00 p.m., and Committees meet on their own schedules. Contact the Committee's Chair (or president@cfsc.ottawa.on.ca for the Board) to find out the time and location of the next meeting.

The Board's mandate is to make the highest level decisions for the organization, including those involving policy, finance, and contracts. The Committees work on implementing programs, and also doing the preparation for Board decision items. Any member can join a committee or simply sit in on a committee or Board meeting.

Advocacy & Membership Program Committee

*Chair: Ron McKinnon,
ron.mckinnon@cfsc.ottawa.on.ca*

Next Meeting: Monday, February 27, 7:00 p.m., at a coffee shop.

The A&M Committee works to increase our membership, improve benefits for members, tackle specific cycling issues, and prepare policies and proposals for the Board to consider. Since the A&M program has no staff, volunteers are vital for this committee.

Promotion & Education Program Committee

*Chair: Tom Trottier,
tom.trottier@cfsc.ottawa.on.ca*

The P&E Committee coordinates the work of CfSC's biggest programs, the Safety & Promotion Program, and the Cycling Education Program. These programs are based on CfSC's

longstanding contracts with the City of Ottawa, and are supported by a number of smaller grants. The committee meets monthly.

IT Committee

*Chair: Brett Delmage,
brett.delmage@ottawacycling.ca*

CfSC's Information Technology (IT) committee needs computer-savvy individuals to help keep CfSC's work from grinding to a halt. CfSC's IT includes MS Windows and Linux workstations, networking equipment and wires (very important!), Linux-based web and mail servers and firewalls, office software, including open source and proprietary software.

And let's not forget the telephones! Consider joining if you have experience in *any* of these areas. Special thanks to Brian Martin for his help in January!

Ad-Hoc Administrative Management Committee

*Chair: Nancy Sunderland,
nancy.sunderland@cfsc.ottawa.on.ca*

This committee will develop an easy-to-use, tightly written Policy & Procedure manual for CfSC Board, Staff and volunteers based on existing (but unorganized) documents that will streamline operations, enhance quality and timeliness of our work, and reduce risk.

Come visit the CfSC Office!

10:00 am - 5:00 pm, Monday-Friday
251 Bank Street, Suite 504 (at Cooper)



**Join Citizens for Safe Cycling and get
Chain Mail for free by mail or by e-mail
(see form on other side)**