

# CHAINMAIL

Spring 2005

The newsletter of Citizens for Safe Cycling  
Volume 21 Issue 1

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## CfSC Board losing steam

By Charles Akben-Marchand  
CfSC Volunteer of the Year, 2003, 2004

For the past few years, Citizens for Safe Cycling's member, staff, and volunteer numbers have been all over the map. This year, our remaining core volunteers are running out of energy.

There are many vacancies on the Board of Directors that have not been filled at or since CfSC's Annual General Meeting in October 2004. Also in need of people are our Membership, Promotion & Education, and IT committees. The Fundraising and Volunteer committees are currently empty.

We aren't finding new volunteers to replace ones that move on. Current board members are all serving in at least their second year. There are fewer people, but no less work.

**See Structure, Page 3**

## A green vehicle, indeed!

Congratulations are in order for the Human Powered Vehicle Operators of Ottawa, whose entry in the 2005 Saint Patrick's Day Parade won the best "vehicle" prize.

Their float consisted of a rainbow-covered greenspeed recumbent tandem trike pulling a "Pedal Pub" (with toilet in tow!), circled by many other zany pedal-powered vehicles, all covered in green.



For more information about HPV0o0 and photos of this and previous parade entries, visit <http://hpv.tricolour.net>

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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,
- 🚲 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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The 2004/2005 board is:

**President:** Melanie Ransom

**Vice-president:** [vacant]

**Secretary:** Jody McIntyre

**Treasurer:** Alan Richter

**Directors at Large:** Manny Agulnik, Vic Gedris, [two vacancies]

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

The CfSC board meets at 7 pm on the first Thursday of every month at the CfSC office. All interested members are welcome to attend. Contact the secretary for time and place.

For inquiries about CfSC memberships, contact Membership Administrator Charles Akben-Marchand 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

## Message from the president

Melanie Ransom  
 CfSC President

Happy Spring! I hope it is a beautiful cycling day when you read this.

Our staff have been busy making preparations for the 2005 peak cycling season. Many CAN-BIKE cycling skills courses are in the plans for this Summer.



The Better Bicycling newspaper is well under way. The City of Ottawa has provided CfSC with a contract to review the Cycling Guide and its distribution—and much of that work has begun already.



Safety & Promotion Program manager Patrick Wray has been working to submit proposals, and we have improved access to new funds with the city.

**See Activity, Page 4**

## Bike Store Discounts

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

If you can help make this list longer, please call (613) 722-4454 or e-mail membership@cfsc.ottawa.on.ca

<p><b>The Cyclery</b>                      1073 Bank Street                      - 10% off parts and accessories</p>	<p><b>Joe Mamma Urban Cycles</b>                      216 Pretoria (at Bank)                      - 10% off parts and accessories</p>
<p><b>McCrank's Cycles</b>                      889 Bank Street                      - 10% off parts and accessories</p> 	<p><b>Westboro Sports Centre</b>                      327 Richmond Road                      - 10% off parts, accessories and bicycles</p>
<p><b>Tommy &amp; Lefebvre Stores</b>                      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</p>	 <p><b>Fresh Air Experience</b>                      1291 Wellington Street                      - 10% off parts, accessories, and clothing; 5% off bikes</p>

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



## Cycle Ontario Alliance Update

Cycle Ontario Alliance (formerly known as Velo Ontario) had a successful and energetic Annual General Meeting on February 19 at the Ontario Legislative Building.

Members attended from 15 different communities across Ontario. Former CfSC presidents Brett Delmage and Alayne McGregor are both serving on COA's board of directors. Mountain Equipment Co-op provided prizes for the event.

Break-out groups in the afternoon discussed important topics such as the Ontario Bicycling Route, the Helmet Bill, and what cyclists should do after a collision. Following the Meeting, the Alliance submitted funding proposals for developing the OBR and for growing the organization.

COA participated in the Toronto International Bike Show in March. Hundreds of cyclists dropped by to learn and join up.

COA is contributing to the Ottawa Cycling Plan, especially in the provincial context bringing ideas from other cities.

For more information about Cycle Ontario's current projects or to become a member, please visit [www.CycleOntario.ca](http://www.CycleOntario.ca)

## Will the O-Train Crowd out Cyclists?

By Alayne McGregor

Cyclists travelling downtown should watch out: you are set to be crowded off the street by light rail.

While no actual light rail routes have yet been approved by City Council, the proposed downtown routes will completely ban cyclists from the Mackenzie-King bridge. On Albert and Slater Streets, cyclists will be forced to share the centre lane with cars, with large transit vehicles on either side.

The proposed routes were unveiled March 21-23. They show bus lanes on the right on Albert/Slater, and light rail on the left -- where cyclists now ride. Light Rail would end on the Mackenzie King bridge, where only transit vehicles would now be allowed.

The open houses did not even acknowledge that this would remove a major downtown cycling route and its links to the cycling routes on Scott Street on the west side and Stewart Street on the east side.

**See Conflict, Page 4**

## CfSC Needs Structure

Continued from page 1

I was recently at a meeting for an upstart group at the University of Ottawa. We asked ourselves how to structure the group, and how the board will be composed, organized and chosen.

What I realized at that point is that since a group of concerned cyclists got together in 1984, CfSC has changed significantly without ever making these important decisions.

Over time, small tasks were taken on by existing volunteers, and big tasks weren't done. Tired, we called for new people to take on these big tasks, with little response.

### Raising interest rates

So how am I supposed to convince people to volunteer for CfSC?

Being involved—by coming to a CfSC event, writing a letter to the newspaper, using the e-mail discussion group, or just dropping by the office—is volunteering. It's the first step.

Even if you're busy, perhaps you know someone who has some free time to spare. Tell them about CfSC. Give them a copy of Chain Mail and point out the Events Calendar and Volunteer Opportunities, or give them our website ([www.cfsc.ottawa.on.ca](http://www.cfsc.ottawa.on.ca)).

If you go that far, you've just "volunteered" for CfSC! It's that easy to do!

## Lots of activity at CfSC

President's report, continued from page 2

Our new treasurer, Alan Richter, is doing a very good job of getting our books back in order. I am overwhelmed and overjoyed by his leadership. We have a proper budget this year, which will help our staff get things done.

Linda Ulyett is CfSC's new Cycling Education coordinator. She is experienced in the volunteer sector, which will mean a lot more FUN for volunteers this year!

On a sadder note, we are losing two of our board members. Leonard Poole has left CfSC, and Vic Gedris will make trails in Toronto.

If you have some ideas on what CfSC should be doing, I invite you to CfSC board meetings and Open Houses. Both are informal and friendly. If you are interested or have any questions, please call me at (613) 235-6647. You can make a difference!

Happy cycling!

## Rail and bike plans in conflict

Continued from page 3

The proposed Cycling Plan, unveiled March 21, shows Albert/Slater as the major cycling link through downtown, as it is now.

As well, the light rail cars have been shown to require tracks in the road, like the streetcar tracks in Toronto. These tracks are a known hazard for cyclists.

What can you do? Let city staff and councillors know that they should be looking at other light rail routes through downtown, such as Queen or Laurier, that appear to have been prematurely discarded for flimsy reasons. Or suggest that light rail expansion in the suburbs, where service is now poor, would be more cost-effective than downtown.

## Get your Sunday Safety fix

By Charles Akben-Marchand  
CfSC Volunteer

CfSC will be getting out into the community this summer at the Alcatel Sunday Bike Days. Every other Sunday at Westboro Beach, CfSC volunteers will be adjusting helmets, providing basic bike maintenance, refilling water bottles, and promoting safe cycling in general.

2005 is our first year providing information and help to cyclists along the Ottawa River Parkway. We are anxious for our first booth on Victoria Day weekend.

In past years, such initiatives have been set up along the Colonel By Parkway by groups such as Ottawa Urban Inline, the Pathway Patrol, and the Alcatel Switchbacks.

If you like helping people become safer cyclists and want to volunteer at CfSC's booth, e-mail [promo@cfsc.ottawa.on.ca](mailto:promo@cfsc.ottawa.on.ca) or call 567-1288. We'll teach you everything you need to know for the booth. The more people who attend each booth, the more people we can help.

## How you can fight bike theft

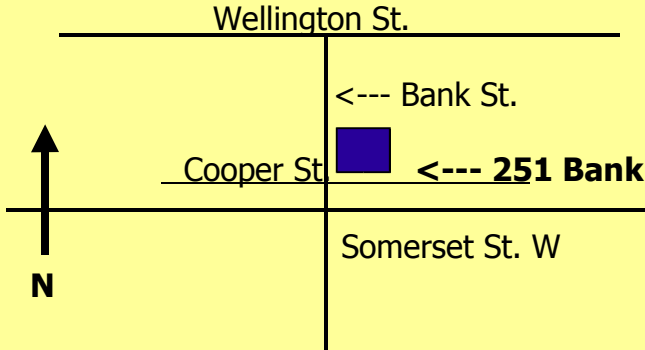
By Charles Akben-Marchand  
CfSC Volunteer

I have worked with the Ottawa Police to develop and print the bike hanger, one of which came with your copy of Chain Mail. These hangers have tips for securing your bike to make it harder to steal.

We need volunteers to get hangers from the CfSC office and hang them on parked bikes in your community. We'll give you an information sheet with tips for where and how to use them.

E-mail [promo@cfsc.ottawa.on.ca](mailto:promo@cfsc.ottawa.on.ca), call 567-1288, or come to the CfSC office to pick some up. Bicycle theft is an important issue in Ottawa, and we need to educate cyclists to reduce it.

**Come visit the CfSC Office!**  
**10:00-17:00, Monday-Friday**  
**251 Bank Street, Suite 504 (at Cooper)**



## Upcoming CfSC Events

**Chain Mail Spring Deadline:** Have anything that needs to be heard by CfSC members? E-mail your submissions for the Summer 2005 issue to [editor@cfsc.ottawa.on.ca](mailto:editor@cfsc.ottawa.on.ca) by **May 13, 2005**.

**CfSC Board Meetings:** The first Thursday of each month at 7:00 pm at the CfSC office. See the article on page 1.

**CfSC Open Houses:** The third Wednesday of each month, 5:30-8:30 pm (incl. map)

**CfSC Booths at Sunday Bike Days:** See the article on page 4.

## CfSC Office Wish List

Patrick Wray and Linda Ulyyett, CfSC Staff

There are a few things the CfSC office could use that would make working here a whole lot better. Please let us know (613-567-1288) if you can donate one of the following:

- ☺ Microwave oven
- ☺ Wall-mounted pencil sharpener
- ☺ Colour Printer
- ☺ Digital Camera
- ☺ Windows XP compatible flatbed scanner
- ☺ Warm White fluorescent tubes
- ☺ Sets of 3 window blinds (3' wide by 5' tall)

Thanks!

Visit [www.cfsc.ottawa.on.ca](http://www.cfsc.ottawa.on.ca) for the most recent list of CfSC events.

## CHAIN MAIL Ad Rates

Starting May 2005, Chain Mail will sell business-card-sized (2"x4") ads for \$20 each. Funds go towards reducing the overall cost of publishing Chain Mail.

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

## 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](mailto: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: \_\_\_\_\_

Email: \_\_\_\_\_

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 email when possible

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

Any cycling comments/concerns? \_\_\_\_\_

\*Household Memberships Only:

2<sup>nd</sup> Member's Name: \_\_\_\_\_

2<sup>nd</sup> Member's E-Mail: \_\_\_\_\_

[www.cfsc.ottawa.on.ca](http://www.cfsc.ottawa.on.ca)

## CfSC Volunteer Files

Looking to get more involved with CfSC? Here are some ways you can spend some time having fun and volunteering! Contact [promo@cfsc.ottawa.on.ca](mailto:promo@cfsc.ottawa.on.ca) or call (613) 567-1288 if you want to know more.

### CfSC Event Booth Hosts

CfSC will be holding many information booths this summer, including on the Ottawa River Parkway on alternating Sunday Bike Days.

### Corporate Membership Assistant

We need a volunteer to go to bike stores every couple of months to increase their ties to CfSC.

### Better Bicycling Distribution

We have found a distribution coordinator for the Better Bicycling newspaper, but we still need your help to bring it to your community!

### CfSC Board and Committee Members

We need people to help set the direction of CfSC by sitting on the board of directors and on the various committees (see Page 1 article).

### Harvest Ride Organizing

If we are going to have the Harvest Ride this year, we'll need people to help organize it!

### Office Help

If you have extra time here or there, come to our office and we'll give you a small task!

### Events Coordinator

We need someone to keep track of CfSC's events for the website, newsletter, etc.

Visit [www.cfsc.ottawa.on.ca](http://www.cfsc.ottawa.on.ca) for a more detailed list of volunteer opportunities.

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

## Think first, Legislate later

Continued from Page 1

COA recommended the Ontario government increase cycling safety by improving...

- 🚲 the cycling environment,
- 🚲 cycling skills education,
- 🚲 motorist understanding of cycling concerns,
- 🚲 enforcement of existing safety laws, and
- 🚲 other risk-reduction programs (including helmet promotion), before proceeding with mandatory helmet legislation.

The paper noted that evidence on bicycle helmets is often incomplete and contradictory, and that helmet laws may discourage cycling.

COA also recommended an independent assessment of the actual effects of previous helmet legislation, in Ontario and elsewhere.

COA is currently researching and writing a brief to the Legislature on Bill 129, expanding on the discussion paper, and invites comments from Cycle Ontario members on its e-mail list.

Citizens for Safe Cycling has been promoting the voluntary use of helmets for the last 20 years. It opposes mandatory helmet legislation.

### Bill 129: The "Helmet Law"

Last November, Ontario MPP John Milloy introduced Bill 129. It would require all skateboarders, in-line skaters and cyclists to wear helmets. Currently, only children under 18 must wear helmets while cycling.

The bill has been referred to committee for examination at some unknown future date. The committee has not decided what it will do with it. It may organize public hearings or it may only accept written submissions.

Bill 129 may never get considered if it's still waiting when the current session ends, or it could be brought up quickly. No one knows.

