



Annual General Meeting

Monday, November 9, 2009
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

I hope to see you all at the AGM and encourage you all to follow the rules of the road, respect the other road and path users and be good ambassadors for cycling.

Cycle safely,
Stella Val

President's Message

Dear Members,

The end of the cycling season will be celebrated with the Annual General meeting. The 2010 executive will be appointed then. If you are interested in serving on the executive, it is not too late to let me know. Christine Walton has been on the executive for many years and is now stepping down, as is Barb Gibson who has worked on Publicity for two years. I know you will all join me in thanking them for their contributions. I have been asked to stand for President for one more year and have agreed.

Thanks to Tom Seniuk, our Tour Director, and all the tour leaders we have been able to provide members with more variety in the length and speed of rides. We attempt to encourage safe cycling habits on our rides and earn the respect cyclists deserve. The executive and tour leaders have worked hard to make sure that we maintain the club culture. As well as enjoying rides for the fitness, health and social aspects of cycling, I see members enjoying nature and our beautiful landscapes and notice a sense of community where people support each other. Anyone who has not experienced this is welcome to come out for one of the final Wednesday Night Mystery rides and the after ride drink at Marshy's and you'll see what I mean! Thanks, everyone!

Albany to New York City By Bike

I recently completed the 5th annual Hudson Valley Pedal which is organized by the State of New York and I thought some club members might be interested for another year. It is usually scheduled in mid August and runs for 6 days with 5 days of biking. The details are on the web site www.ptny.org/hudsonstour

I recommend this trip for those who are o.k. with camping and with hills (the last 2 days had a lot of hills).

The route used quiet roads, even subdivisions, whenever possible. When highways were necessary they mostly had wide shoulders. The daily rides were advertised as 63, 70, 73, 58 and 61km., but we always did more i.e. up to 89k. The organization was great with sag and mechanical support. Great food and snacks every 20 km.

The highlight was crossing 5 bridges; the George Washington was a blast as well as the ride into Manhattan. This was followed by a bus ride back to Albany along with our bikes.

The ride seems to suit seasoned bikers. For those who know me, I was about average. My guess is the average age at 63.

Please call (819-467-2635) if this trip is of interest and you have any questions.

Jack Fallis



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Things you always wanted to know about the calendar on the KNBC website BUT were afraid to ask ...

What does the calendar contain?

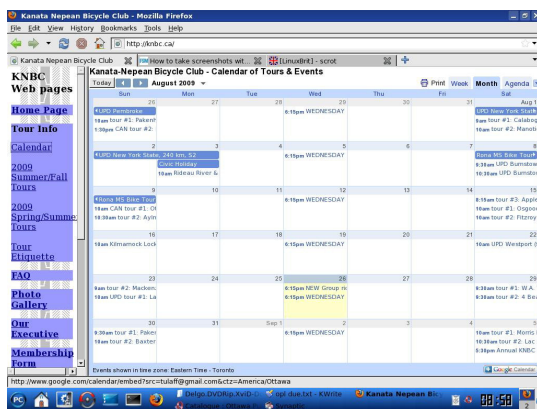
The KNBC website has a calendar of tours and events. The information about rides and tours is exactly the same as found in the printed (yellow) version of the Tour Schedule that you receive in the mail or the Tour Schedule (currently [2009 Summer/Fall Tours](#)) on the left hand column of KNBC website under the **Tour Info** section. When it is necessary to make changes to events and rides, the calendar is updated.

How do I access the calendar?

In the left hand column on the KNBC website under the **Tour Info** section. Click on [Calendar](#).

It is hard to find the ride that I am looking for, can I display the information in a different format?

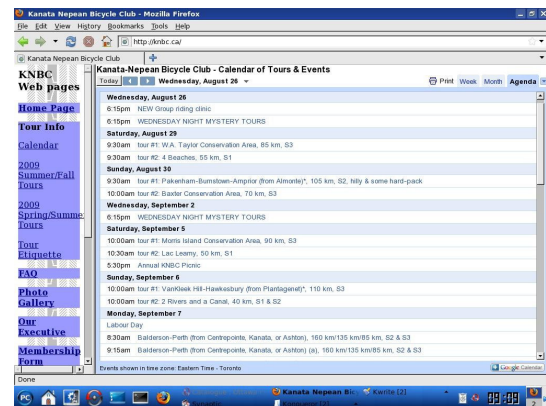
The calendar Month view does not have a lot of space for displaying information.



Month View

A more verbose way of viewing the same information is the Agenda view. There is

also a Week view. You can switch between views by clicking on Week, Month or Agenda in the top right corner. In the Agenda view you get a longer description of events, rides and tours. You can scroll up or down to search for a particular ride or event and click on it for the details. The Agenda view is what you get if you click **Upcoming Events, Ride Updates & New Rides**: details available on the [website](#) on the New/Updated Items of the [Home Page](#).



Agenda View

Peter Nabien

KNBC Stats

As of August 24th ...

- Total Number of Members: 172
- Last year's Total: 141
- Number of Females: 97
- Number of Males: 75

Further details at the AGM!



New Consultation Report Available: Recreational Pathway along the Champlain Corridor

The consultation report is now online for the recreational pathway along the Champlain Corridor in the Aylmer Sector of Gatineau, between Boulevard des Allumettières (Pionniers Pathway) and McConnell Road.

Results of Consultation

The NCC is committed to achieve a balance between the needs and interests of local residents and those of users in general. Therefore, the pathway will be built with the intention to preserve as many trees as possible; it will be paved to allow universal access; and it will be patrolled to maintain cleanliness and tranquillity. A new access point via Prince-de-Condé Street will be built in response to a proposal with a request made during the public meeting. The NCC wishes to thank everyone who participated in the consultation.

Schedule

The project will proceed according to the proposed schedule. The request for proposals will be issued in August 2009 for work to be performed in the fall of 2009 and spring of 2010. Phases 2 and 3, which will extend the pathway to the Voyageurs Pathway along the Ottawa River, could perhaps be completed in 2011, in partnership with the Ville de Gatineau. Consultations will be held regarding these portions.

[Click here for the report](#)

MS Bike Tour

On the weekend of 8 & 9 August a KNBC Team (composed of 13 cyclists) participated in the 20th MS Bike Tour to Kemptville. The

Team raised \$7,444.00. As evinced by the attached photo, a good time was had by all.

John Reilly



The Picton Bike Tour

On June 26th-27th I embarked on my first KNBC trip. We were about 26 cyclists or so, led by Monna.

Our trip began on Friday evening with a wonderful dinner at a culinary cooking school. I indulged in a splendid crème brule as the restaurant boasts its own pastry chef.

On Saturday, we all met at the war memorial and introduced ourselves, each of us eager to explore the roads and villages of Prince Edward County.

Monna tried to keep the group together, but this proved akin to herding cats. It is nearly impossible to keep such a large group together as there is such a plethora of abilities and interests. Our large group was led by Jo Jo, who blistered ahead of the pack, our flag bearer.

Picton itself is a town of about 4000 people that seems curiously devoid of crossings and clear road signs. I found some of the Picton



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crossings to be a psychological challenge as you had to stare down or pray to God that you had the attention of the driver!

Prince Edward County is beautiful and rural. The farmyards often glorious with barns painted red, or even cream coloured. A lot of the barns had large stone foundations with earthen walkways for the cattle.

The crops were healthy and growing. In addition to the fields of corn, barley and wheat, waving gracefully in the wind like a well rehearsed ballet chorus, there were also fields of bright yellow rapeseed or canola. We also passed livestock and I saw flocks of black faced sheep and herds of Holstein cows. The farms often bordered the large bay and you could see a field of green crops sloping towards the large bay.

On our first day, we discovered many of the gustatory pleasures of this county. The first pleasure was the Waupoose cider. If you have never tried waupoose cider, you have not lived. We sampled this cider at a winery whose wine tasting area was housed in a limestone tasting room whose exterior made for some great shots with our high tech bicycles leaning against old world stone masonry.

We stopped at the famous Sandbanks Park with its protected dunes and flora and fauna. Sandbanks Park has miles of hiking trails, campgrounds and above all glorious views of the bay. The water is clear and sandy and is a favourite destination for families with young children.

Our bed and breakfast host had told us about an organic cheese factory¹ called

¹ This is the only LEED certified business in North America. LEED is a standard of environmentally friendly building in 30 countries. The cheese factory uses solar and wind power and is built into a hillside to conserve energy. For extra power the plant uses Bullfrog energy. It has a 'green roof'

Fifth Town. It was on the 'extra' portion of our map. He had extolled its virtues and added that there would be free wine and cheese to celebrate its first anniversary of operation. Several of us, buoyed by the prospect of fine goat cheese and finer wines, opted for the longer tour that day, myself among them.

We cycled after having completed about 80km, hot and tired into the Fifth Town Cheese Factory and we greeted by Oliver, the 16 week old goat mascot and the owner of the plant. The stop was a treat for the mind and the body. My mind was fascinated and intrigued by the sustainable green technology and my body, more specifically my taste buds, were thrilled to discover goat's cheeses and wines. Of note was a goat's milk ice cream. It was the best ice cream I had had in my life.

Prince Edward County, as I discovered, is a county of sensory pleasure and as we cycled through the fields I could smell the ripening strawberries in the sun. We passed numerous small farmers markets selling preserves, vegetables and mounds of sweet red strawberries.

The first day of cycling had quite a few hills and I discovered to my horror that I only had the large wheel working on my bike. Try as I might, without the lower gears I could not make the hills, hence I walked.

After a rather long day of cycling, we returned to our B and B, Harrington House at 6pm and partook of a swim in the pool and the hot tub. There is nothing like a

and has a constructed bio wetland to clean the effluent. The effluent is pumped through a three cell filtering system with alternating layers of gravel, stone and wood chips and peat moss. The pond is then planted with cattails and wild flowers. The filtering process removes all the contaminants from the wastewater and a wetland is created as a habitat for birds and butterflies.



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swim in the pool followed by a hot tub to allow the muscles to relax. Did I mention this was with a glass of Black Prince red wine?

Our second day of touring began in the lovely town of Bloomfield. Bloomfield boasts a bike shop and it was there that my bike was fixed. I now had three rings to use rather than just one. My gears were adjusted and I purchased some drinks all for the modest sum of \$10.00.

This time, Monna divided us into two groups. Dave Audette would take the faster group. Four of us joined Dave Audette. We were Rowena, Barb, Karen and me. We called ourselves Dave's harem and spent the second day cycling some 70km. Our little group would have made Monna proud as we stuck together, we signaled, we took breaks but most of all we had a lot of fun!

We visited the famous sandbanks winery and sampled the fine reisling and rose wine. I was always a little biased against rose wines having only tasted Mateus wines for many years but the Sandbanks version has a wonderful boquet and is a delight to the senses.

The second day trip was far shorter but took us along roads that were shaded by mature oak and maple trees and for the most part, followed the shoreline.

Rowena and I were back in Picton shortly after 230pm after having stopped for ice cream in Bloomfield.

Picton is a tremendous place to cycle and for those of you who have not cycled there or who have not gone on a KNBC trip, as a newcomer to the group, I can highly recommend doing so!

Karine S. Langley

From the Editor

Thank you to all our contributors for this edition.

If you have any cycling news, views, tips or trips you'd like to share with us, we'd like to hear from you!

Please submit to:

Deborah.Wright@ottawa.ca