

CHAIN MAIL

1984

20 Years

2004

Fall/Winter 2004

The Citizens for Safe Cycling newsletter
Volume 20 Issue 4

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CITY STOPS FUNDING!!

CfSC has been informed that the City of Ottawa is stopping funding for the city's Cycling Safety and Promotion program as of January 1, 2005, although payments will continue for the first three months. The program is on hold for three months until the city completes a review and reassessment of all programs related to Transportation Demand Management.

The review may allow for some funding for cycling promotion, or a change in the direction of the programs to improve value for money. The review is a continued effort by the city to review all programs in this area, including the Commuter Challenge which was reviewed earlier in 2004.

At this time the funding for the cycling education program will continue for 2005.

CfSC won the public competition to run both an educational program and a promotional program in January 2003. That contract has not yet expired, although the contract does include an option for termination if the funding is removed from the city budget.

See Funding page 7

CAN-BIKE SAVED MY LIFE

By Charles Akben-Marchand

There's a lot of talk about helmet safety and how important it is to wear a helmet. But many people are distracted by helmets and forget that helmets only come into play when you crash. If you can prevent the crash through defensive driving techniques, you won't have to worry about whether the helmet will work.

The skills I learned from taking a CAN-BIKE II cycling skills course helped me avoid getting hit by a drunk driver a few weeks ago. If I hadn't taken the course, my helmet might have helped me, but I still would have been taken away in an ambulance.

See Can-bike page 8

The Squeaky Wheel...

By Tim Golding Chain Mail Editor

...gets the grease or so the saying goes. As you read this newsletter, the city of Ottawa is finalizing the 2005 budget which will feature a 3% to 4% tax increase. This increase will do little to offset the costs associated with running and maintaining a large urban center. So city council is looking to trim the budget to avoid a deficit.

See Squeaky page 3



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.

Citizens for Safe Cycling
P.O. Box 248, Station B
Ottawa, ON K1P 6C4
Telephone: (613) 722-4454
Email: cfsc@cfsc.ottawa.on.ca

Contributions are welcome. Text may be edited for style, length and clarity. The editor, Tim Golding, may be contacted at editor@cfsc.ottawa.on.ca

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The 2003/2004 board is:
President Melanie Ransom, Vice-president Greg Furlong, Secretary Jody McIntyre, Treasurer Vacant

Directors at Large: Manny Agulnik, Jeff Noakes, Vic Gedris, Anthony Davison
Board members can be reached through CfSC at (613) 722-4454 or CfSC@cfsc.ottawa.on.ca.

The CfSC board meets every month. All interested members are welcome to attend. Contact Jody McIntyre for time and place.

For Membership inquiries, contact 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 information, call (613) 567-1288 or promo@cfsc.ottawa.on.ca.

Message from the president

by Melanie Ransom, CfSC President

This year has been a challenging one to be President of CfSC. We had a great deal of staff turnover this year, for a wide variety of reasons. Despite this, we have been very successful in implementing our 2004 Workplan contracts for the city. Everyone who helped out brought different strengths to our work plan.

The progress in instructor development has been great, as this has been a weakness for several years. It was also our 20th anniversary, and it is quite humbling to be the President serving on this very special year, especially after prior Presidents were so dedicated and effective.

Most recently, an issue came out of the blue: proposed provincial legislation extending mandatory helmets to adults. The cycling community learned of this bill only after second reading in provincial parliament! CfSC and its members, VeloOntario, and others have sent in requests for public consultation prior to third reading. As of the deadline for ChainMail, we don't yet know if our requests will be successful.

Finally, I want to thank the members for re-electing me this year. I look forward to seeing you at events, and hearing your comments and suggestions. Don't forget, you can give a gift of membership this season and help our organization grow and be more successful in making cycling better and safer in Ottawa!



CfSC President Melanie Ransom

Squeaky (Continued from page 1)

Currently, funding for programs run by CfSC has been placed on hold pending a review. Even if this funding is fully reinstated, this freeze will have a negative impact on the effectiveness of these programs. Therefore, it is very important that we all react to this freeze and communicate your concerns to the powers that be namely your Ward Councillor. I have included a list of Wards and Councillors for the city on this page.

It is also important that we protect our programs by being proactive and participating in the promotion of the cycling lifestyle. One way to do this is to participate with CfSC as a volunteer. Another is to provide articles to this newsletter, which is the public voice of CfSC. The more articles we receive the louder that voice becomes.

Ward 1 - Orléans
Councillor Herb Kreling
(613) 580-2471
Herb.Kreling@ottawa.ca

Ward 2 - Innes
Councillor Rainer Bloess
(613) 580-2472
Rainer.Bloess@ottawa.ca

Ward 3 - Bell-South Nepean
Councillor Jan Harder
(613) 580-2473
Jan.Harder@ottawa.ca

Ward 4 - Kanata
Councillor Peggy Feltmate
(613) 580-2474
Peggy.Feltmate@ottawa.ca

Ward 5 - West Carleton
Councillor Eli El-Chantiry
(613) 580-2475
Eli.El-Chantiry@ottawa.ca

Ward 6 - Goulbourn
Councillor Janet Stavinga
(613) 580-2476
Janet.Stavinga@ottawa.ca

Ward 7 - Bay
Councillor Alex Cullen
(613) 580-2477
Alex.Cullen@ottawa.ca

Ward 8 - Baseline
Councillor Rick Chiarelli
(613) 580-2478

Ward 9 - Knoxdale-Merivale
Councillor Gord Hunter
(613) 580-2479
Gord.Hunter@ottawa.ca

Ward 10 - Gloucester-Southgate
Councillor Diane Deans
(613) 580-2480
Diane.Deans@ottawa.ca

Ward 11 - Beacon Hill-Cyrville
Councillor Michel Bellemare
(613) 580-2481
Michel.Bellemare@ottawa.ca

Ward 12 - Rideau-Vanier
Councillor Georges Bédard
(613) 580-2482
Georges.Bedard@ottawa.ca

Ward 13 - Rideau-Rockcliffe
Councillor Jacques Legendre
(613) 580-2483
Jacques.Legendre@ottawa.ca

Ward 14 - Somerset
Councillor Diane Holmes
(613) 580-2484
Diane.Holmes@ottawa.ca

Ward 15 - Kitchissippi
Councillor Shawn Little
(613) 580-2485
Shawn.Little@ottawa.ca

Ward 16 - River
Councillor Maria McRae
(613) 580-2486
Maria.Mcrae@ottawa.ca

Bike Store Discounts

Charles Akben-Marchand,
Membership Administrator

The following bicycle stores give discounts to card-carrying CfSC members, as a part of the Corporate Membership program.

If you can spare some time to help me approach bicycle stores, please call me at (613) 722-4454 or e-mail membership@cfsc.ottawa.on.ca so I can tell you how you can help.

Westboro Sports Centre

327 Richmond Road
- 10% off parts, accessories and bicycles

Joe Mamma Urban Cycles

216 Pretoria (at Bank)
- 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

The Cyclery

1073 Bank Street
- 10% off parts and accessories



McCranks Cycles

- 10% off



Note: MEC and CycleLogic do not offer discounts, but do support CfSC as Corporate Members.



Instructors Wanted!!

by Patrick Wray, CfSC Safety & Promotion Program Coordinator

CfSC offers employment opportunities for part-time/casual cycling instructors in the Spring, Summer and Fall.

We need you! Share your love of cycling with cyclists of all ages and abilities by becoming a CAN-BIKE Cycling Skills Instructor! Help deliver safe cycling education and be a part of the development of safe cyclists!

Cycling safety is the basis for the Canadian Cycling Association's CAN-BIKE cycling courses and CfSC is the sole provider of these courses in the National Capital region. We are currently offering CAN-BIKE courses through the City of Ottawa's Recreation program and this program will be expanded to other recreation centres and community groups next summer.

Recreational and commuter cycling rates are increasing year by year, and CfSC will respond by teaching more and more cyclists the skills they need to ride safely and effectively. We will also take the opportunity to teach CAN-BIKE II to more experienced cyclists and let them know that there is always more to learn about cycling.

With more course offerings comes the need for more instructors. If you love to cycle, like to work with people, and are interested in education and training, then join our team of cycling instructors and share your enthusiasm with others! As a nationally certified and paid CAN-BIKE instructor, you will have the opportunity to teach a variety of CAN-BIKE courses and CfSC Seminars. For more information, call Patrick Wray at 567-1288 or send an e-mail to promo@cfsc.ottawa.on.ca.



Things to do with your bike lock

By Charles Akben-Marchand

If you are going to be riding this winter, you should prepare your bike for it.

I have come upon a good combination of tips involving your lock that can help you do this.

Instead of carrying around a whole pannier just to bring your U-lock, you can drop it in the slot of your rear rack. It won't fall out.

If you find that your pannier keeps rubbing against your spokes, you can put your lock on the same side as your pannier to make space between your wheel and your pannier.

In the winter, one thing you should do is lube your lock to prevent it from freezing up. (U-locks can be more prone to this than combination locks, although each has its disadvantages in the winter).

You also shouldn't expose your lock to the snow and slush. So what I do is I put the lock in a plastic bag and hang it from my rear rack. Then, when I get to my destination, I put the plastic bag over my seat to keep it dry. Two birds with one stone!

Happy riding this winter, be it inside or outside!

Congratulations to the *Human Powered Vehicle Operators of Ottawa* for winning Best Novelty prize in the Ottawa Help Sanda Toy Parade for their human-powered flotilla. Pictures of the event are online at <http://hpv.tricolour.net>

CfSC Volunteer Opportunities

Patrick Wray,
CfSC Cycling Safety and Promotion Program Manager

Citizens for Safe Cycling currently has a number of new and exciting volunteer positions. If you want to learn new skills and obtain practical hands-on work experience, while helping to improve bicycling in Ottawa, then contact Patrick Wray at 567-1288, promo@cfsc.ottawa.on.ca or drop by the office at 251 Bank St., Suite 504 (at Cooper).

3. Booth Attendants

CfSC presents information booths about cycling at many community events throughout the year. Help us organize or present at a booth for the 2005 spring/summer season.

4. Volunteer Coordinator

This position will require a significant amount of commitment, but will provide you with valuable experience in volunteer management in the non-profit sector.

5. Article Writers for Better Bicycling

We will have two issues of our newspaper, *Better Bicycling*, coming out in the Spring and Fall of 2005 and would love to have you contribute articles, photos, news, and tips about cycling.

6. Better Bicycling Distribution

CfSC's *Better Bicycling* newspaper is one of the ways we promote cycling in Ottawa. We will be needing lots of help to get it distributed across Ottawa and in your community.

7. Office Help

There's always something to be done at the CfSC office. Come by, have a drink, give us a hand, and learn more about cycling in Ottawa—all at the same time.

Membership Volunteer Opportunities:

Charles Akben-Marchand,
CfSC Membership Administrator

There's a lot of positions that need filling on the Advocacy side, too. If you are interested in any of these positions, or would like to help out in another way, please e-mail me at membership@cfsc.ottawa.on.ca, or leave me a voicemail message at (613) 722-4454. The Safety & Promotion office *does not* handle membership enquiries.

1. Website Designer

We are currently looking for experienced help to update and re-design CfSC's website, www.cfsc.ottawa.on.ca

2. Corporate Memberships

Is your local bike store a CfSC Corporate Member? If not, contact Membership Administrator Charles Akben-Marchand at membership@cfsc.ottawa.on.ca to find out how you can help get them to give discounts to CfSC members.

3. Social Coordinator

CfSC is looking for an outgoing, energetic individual who can help coordinate social activities and events on an ongoing basis. We also need people to help out at these events.

4. Chain Mail Editor

Tim will be stepping down soon, so we will be needing a new editor for Chain Mail. If you have some experience with compiling and editing newsletters, please contact me so that you and Tim can show you the ropes working together on the March/April issue.

5. Chain Mail Articles

Chain Mail is CfSC's member newsletter, so if you have any cycling announcements, stories, tips, advice, comments, concerns, etc., please **submit your work to editor@cfsc.ottawa.on.ca by mid-March**, or ask if there are any stories that need writing.

A Call For Cycling Advocacy

by Leonard Poole, CfSC Board Member

Before I converted to cycling, virtually all of my adult lifestyle decisions had had a direct connection to car availability and use. There I had been, hurtling down the highway, rushing someplace.

I have since integrated cycling into my daily routine. I have joined Citizens for Safe Cycling to meet similar-minded people and to be a part of advocating for better cycling infrastructure. Yet I also understand how tightly woven the automobile is into people's daily decisions. Most of my friends and family members feel they "need" their automobile. For them to consider life without one seems far too disruptive a decision.

So how can I alone convince my friends that our city would be a better place if they supported cycling, even though they themselves may not be inclined to hop on a bike and ride? How is cycling good for everyone, cyclist and non-cyclist alike?

Part of the answer came to me as I pulled up to a red light on my bicycle last autumn. In less than ninety seconds four or five more cyclists, and half a dozen cars pulled up to wait for that same light. As I crossed the intersection I noticed that if we cyclists had chosen to drive cars, perhaps half of us would not have made it through the light. This repeats thousands of times daily in Ottawa.

The benefits of cycling accrue to all members of our society, cyclist and non-cyclist alike. When we opt to ride our bikes, there is less congestion, cleaner air, and better general health.

I see members of organizations such as CfSC to be part of a small, but very important group of cyclists. We need to "connect the dots" for the larger audience, clearly articulating how everyone benefits.

In the ongoing city budget debate, we need to educate others and ourselves about the facts. Some interesting information can be gleaned by reviewing the Capital Budget. As of October 31, 2004, only \$1.5 million of the \$345 million identified as transportation-related was committed to cycling. This is less than one half of one percent. By contrast, cyclists make up over three per cent of commuters in Ottawa, the highest of any city in North America!

The encouragement of cycling through the provision of infrastructure and education is clearly part of a very cost effective transportation solution for our city. Unfortunately, many see this as just another expense. For example, some may argue that by eliminating cycling investment at the municipal level we can reduce cost and taxes. What they fail to point out is that the resultant "lost cyclists" often become automobile users, which will require more infrastructure investment in the long run.

Every bicycle is "One Less Car", and as cycling advocates we need to communicate this message whenever we have the chance. So share these points and convince others of cycling's universal benefit. Write to the newspaper, read through the budget, attend a budget consultation, and talk to your friends and neighbours, particularly those who drive! Participate, and ensure that we live in a healthy city.



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: _____
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:

2nd Member's Name: _____
2nd Member's E-Mail: _____

www.cfsc.ottawa.on.ca



Funding (Continued from page 1)

City staff told CfSC that funding for the two programs is currently included in the city's draft operating budget, although this could certainly change during the approval process by City Council.

CfSC is concerned that the removal of funding could make it difficult to run an effective program next year, even if funding is restored in April.

According to CfSC President Melanie Ransom, "The cycling promotion season occurs from March to September. Ideally, preparation work is required well in advance to plan for that. If there is no funding and no idea when there will be funding, work cannot begin until we have a proper contract."

"We understand that the City is looking for some fresh ideas and innovation, which I think is great. It's nice to see the City taking a more active interest in the delivery of our programs. However, the lack of a commitment now means that the legwork to do safety and promotional work will be delayed, resulting in less impact in 2005."

"I know some things can go ahead - things that don't need a lot of

a lot of preparation, but for the rest, it will depend on funding and the timing of the funding. We are all concerned, but I know that our Promotion and Education Management Chair is deeply concerned."

She also said it seemed unusual not to continue funding for a long-running program during a review. CfSC has been running the programs since 1992 on behalf of the former Regional Municipality of Ottawa-Carleton, and now the city of Ottawa. She noted that it was in a December meeting that CfSC was informed of the review. Also, CfSC has yet to receive anything in writing as of this writing (Jan 21, 2005). CfSC's contract specifies that the city is to inform CfSC of any changes in the contract in November of each year.

Editor's note: Recent discussions with the city indicate that they may be considering a different kind of project for 2005, possibly with increased funding. CfSC President Melanie Ransom will be meeting with City officials, and will report her findings at the open meeting on January 31st. Nevertheless, please contact your councillor and show your support for cycling in Ottawa.

CAN-BIKE (Continued from page 1)

I was cycling home late at night after a party (and no, I hadn't been drinking!). Traffic was light, and I was taking my time. I had my bright jacket on and my halogen front lights and LED rear light on.

Although I normally wear a mirror, I was not wearing one this night. So when I heard a car coming up behind me, I shoulder-checked—something I did not do very much before taking the CAN-BIKE II course—and saw no problem. The car stopped at the red light further up.

I heard a second car go by, shoulder-checked, and saw no problem. It stopped behind the first car at the red light.

A third car came behind me. I shoulder-checked. Somehow, I could tell that this guy was going to pass me too closely, and that I would have to pull to the right to avoid getting hit. As the car passed, I realized that he would have hit me had I not moved aside.

The driver narrowly missed hitting me. He didn't miss hitting the two other cars stopped up ahead.

Luckily, nobody was hurt, and the cars were somewhat still driveable. But it turns out the driver was drunk, and eventually left the scene in the back seat of a police cruiser.

Join Citizens for Safe Cycling and get Chainmail for free by mail or by email (form on other side)



The point of this story is that I avoided being hit, not because I was wearing a helmet, but because I left myself enough room on the right to maneuver, and I was aware of my surroundings. These defensive driving techniques I learned from taking a CAN-BIKE II Cycling Skills course. This was over and above what I had learned in my four prior years volunteering with CfSC.

Even if you have been cycling for years, I suggest you take this course to learn tactics that can save you in exactly this type of situation. Remember that a helmet will only prevent injuries after you're hit.

New Bikes to come with CfSC Safety Info

by Charles Akben-Marchand, Membership Administrator

Safety & Promotion Coordinator Patrick Wray and I have been working on a project to bring important cycling information to cyclists across Ottawa. This has taken the form of a "New Bicycle Kit" that we hope to be distributed bike stores with each new bicycle sold in Ottawa.

The 10-page kit has information on cycling equipment, rules of the road, CAN-BIKE courses and more. It also includes a checklist for all the things you might want to get when buying a bike, including a helmet, reflectors, lights, and a bell.

We will be testing the kit over the winter as we look for funding to do a full, high-quality print run for next year's cycling season.

For more information on the New Bike Kit, contact Patrick Wray, CfSC's Safety & Promotion Program Coordinator, at (613) 567-1288 or promo@cfsc.ottawa.on.ca.

CORRECTION TO "FUNDING" ARTICLE IN DECEMBER 2004 CHAIN MAIL:

The payments for the Safety and Promotion Program have been cancelled as of January 1st. The city has initiated a review of our program and have expressed an interest in continuing to with us on safety and promotion for the peak 2005 cycling season. There is a mutual expectation that a new contract will be in force by April so that a more effective and valuable promotion program can take place in 2005. This will be determined in very short order.